In Bristol, many of us are eating over 3x more sugar than we should and it’s affecting our health.

Three things to do today

Read the labels
Sugar can be hidden in places you wouldn’t expect so learn how to spot it

Swap one sweet snack
Find out about tasty alternatives you could try

Think before you drink
Fizzy, energy and some hot drinks are high in sugar so try not to drink them every day

Join the conversation on social media #sugarsmartbristol

Find out more at sugarsmartbristol.co.uk