

“Apart from the  in the morning, the  and  throughout the day, the  I have with lunch and the  in the evening, I never ever touch sugar.”

A mere seven teaspoons of sugar a day can be harmful to health. Yet you could easily consume more than that in your drinks by lunchtime. So apart from the fact we need brands to reduce their sugar content, clearer labelling and a wider public understanding of the dangers of excess sugar, everything's fine.

**SUGAR AWARENESS WEEK 20<sup>TH</sup> - 26<sup>TH</sup> JANUARY 2020**

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