



Take on the Sugar Swap challenge

A small change can make a big difference

We all know that too much sugar is bad for us, but going totally sugar-free isn't always easy.

So this September, we're encouraging everyone to cut, not quit, their sugar intake for a whole month.

A simple sugar swap can have a positive impact on your oral health – and you'll feel good too!

Want to know more?

Visit www.sugarswapseptember.co.uk for hints and tips on how to make sugar swaps, sugar-free recipes, plus much more to make Sugar Swap September a success for you.



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