This Food Fact Sheet will help you to understand how foods and drinks too often. Added sugar is not necessary Government’s Scientific Advisory Committee on Nutrition. Free sugars are those added to food (e.g. sucrose, glucose, syrup, dextrose, honey, or drink can be listed in various ways including fructose, treacle, molasses, lactose, corn syrup or any form you don’t want). The risk of developing a range of complications including healthy eating, weight loss, menopause, fluid, snacks and diabetes. }

BDA Food Fact Sheets are available to download FREE of charge - covering a wide range of topics including healthy eating, weight loss, menopause, fluid, snacks and diabetes.

www.bda.uk.com/foodfacts