

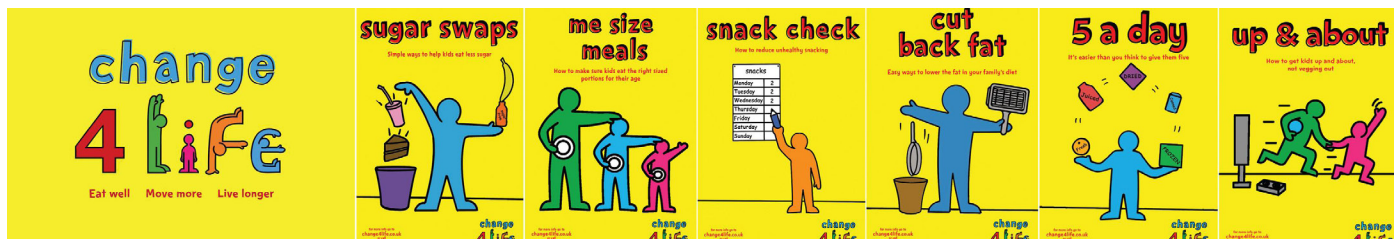
“word
of
mouth”

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Change4Life Healthy Eating Campaign

If you are concerned about you or your child’s overall health then I can recommend a look at the NHS website Change4life:

www.nhs.uk/Change4Life



The information on the site explores lifestyle choices and habits that may put our health at risk in the long term.

Under the ‘Eat Well’ section, there are useful tips on how to spot hidden sugar in meals and snacks. Here are a few facts about sugar and where it is hiding:

The average person in Britain consumes about 700g of sugar a week - that’s 140 teaspoons!

500ml of cola contains the equivalent of 17 cubes of sugar.

There are lots of different words used to describe sugar - sucrose, glucose, fructose, maltose, hydrolysed starch, invert sugar, corn syrup, honey – they are all different kinds of sugars. Watch out for them on the label.



FREE WiFi now available in the reception area

Paul Downes | BDS MGDS LDS DGDP
Summer 2013

Call 01227 **771323** now to make your routine check-up appointment