

OUR LADY'S CONVENT HIGH SCHOOL

LENTEN CHALLENGE

★ no more than ★
**30g of added
SUGAR**

Over Lent reduce your sugar intake as part of your lenten abstinence... and help retrain your body and brain to enjoy a healthy, brain-boosting way of eating!

THINK BEFORE YOU DRINK OR SNACK!

Rely on natural sugars rather than refined added sugar



Reduce your daily intake of added sugar to 30g a day. **Why?**

- Added sugar does not provide any useful nutrients to your body.
- You only need large amounts of added sugar if you are undertaking large amounts of additional exercise - like marathon running.
- You should be getting all the energy and nutrients you need from your meals - this is healthy eating!



1 muffin

34g of sugar



500ml bottle

62g of sugar



Creme egg

26.5g of sugar