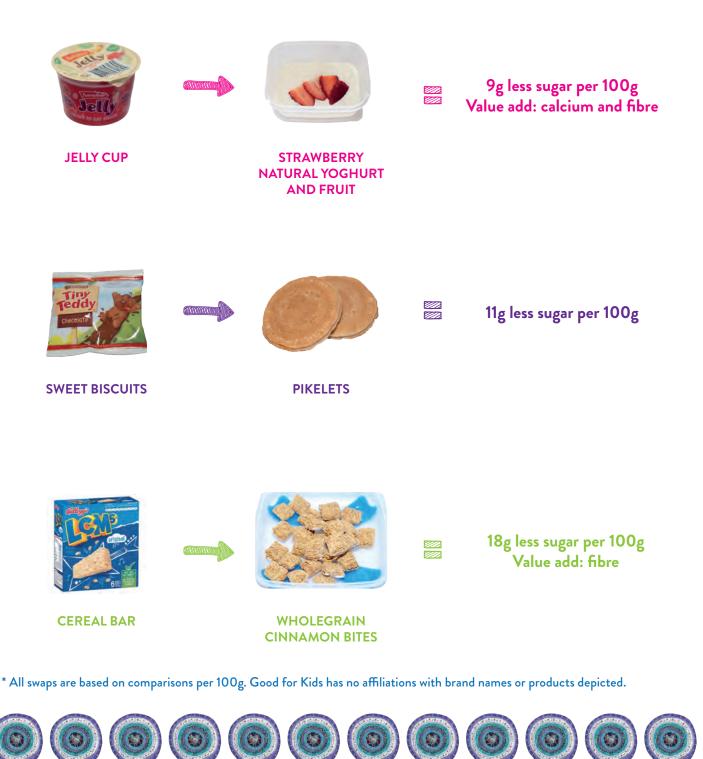


Our Top 5 Sweet Swap Ideas for the Lunchbox



A few small swaps can make a big difference to reducing a child's sugar intake over a week.



Artwork: 'Heart of a child' by Lara Went Worimi artist



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JUICE POPPER



WATER



10g less sugar per 100ml

25g less sugar per 100g



MUFFIN BITES



SCONE

* All swaps are based on comparisons per 100g. Good for Kids has no affiliations with brand names or products depicted.



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