

THERE'S NO SUGAR-COATING IT!

Taking steps to cut back on sugar could be one of the best actions you take for your health. Simply decreasing your daily intake could help you lose weight, lower your risk of disease and feel more energised.

1

Ditch the sugar. Apart from the obvious sugars, be careful of any ingredient containing the letters '-ose', such as ribose, dextrose or xylose.

2

Stock the office fridge and pantry with healthy snacks. Things like sugar-free yoghurt, unsalted nuts, fruits and whole grain crackers.

3

Drink water. One of the easiest ways to stock up on sugar is by drinking high-calorie sugary drinks like soft drink, juice, or sweetened coffee.

4

Engage staff with weekly updates. Highlight the benefits of their sugar-free diet. Include best performers and health updates on social media using the hashtag #SugarFreeForMD

5

Help those affected by muscular dystrophy by donating the money you would have spent on sugary food and hosting a Sugar Free fundraising lunch.