

Take part in 'Fizz Free February' 2024

Could you and your family give up fizzy drinks in February?

Taking part in Fizz Free February is a great way to improve your health and reduce your sugar intake by consuming less fizzy drinks. It can also help you on your way to drinking less sugary drinks for the rest of the year.



- [More 5 to 9-year-old children are hospitalised due to tooth decay](#) than for any other reason.
- **How do I take part in Fizz Free February?**
To join in, reduce or give up fizzy drinks for the whole month. We will be participating in 'Fizz Free February' with a visit at Northwick Park Hospital's main entrance on 20th February.
- **Why should I stop drinking fizzy drinks in February?**
Fizzy drinks are the largest single source of sugar for children aged 11 to 18. Cutting out fizzy drinks is an easy way to reduce your sugar intake. Committing to going fizz free for the entire month of February will make it easier to cut down on fizzy drinks for the rest of the year.
- **Why is sugar bad for my health?**
Excess sugar can lead to tooth decay and weight gain.

How much sugar should I have?

Sugar should not make up more than 5% of the total energy in your diet. This means the maximum daily amount of added sugar are:

- 4 to 6 years, 5 sugar cubes (19 grams)
- 7 to 10 years, 6 sugar cubes (24 grams)
- 11+ years, 7 sugar cubes (30 grams)



What can I do to encourage others to drink and eat less sugar?

- Challenge your friends to go Fizz Free! You can also encourage your friends and family [to make smart sugar swaps using the NHS Better Health for healthier families advice](#). Don't forget to share all the information on how sugar and fizzy drinks affect your health!

Join us and take the 'Fizz Free February' challenge!

2024 FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	1	



= 4 grams

FORGET FIZZY DRINKS THIS FEBRUARY

KEEP YOUR TEETH

SAVE YOUR POCKET MONEY

STAY HEALTHY

Join in with your friends and go Fizz Free
Find out more at southwark.gov.uk/go/fizzfree

Fizz Free Feb

Word Tracing Practice

Free February

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