



# SUGAR & SWEETENERS

Growth, appetite and preference for sweet taste




**Sugar and sweeteners** (sometimes known as 'artificial' sweeteners) can be **found in many foods and drinks**



These can be **added** when **cooking, baking** or **eating** things to increase sweetness and change **textures**



Using **your diet diaries**, we are investigating **what kinds of sweetened foods children eat**



We are asking whether **sugary or sweetened food and drinks** affect the amount you **grow, eat and prefer** sweet-tasting things



**Asking you questions** as you get older **helps** us a lot with our **research**, **thank you very much** for participating



Our research will **help to inform guidelines** around **how we can best use sugar and sweeteners** in our **diets**



**SWEET**  
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