



Step 2 - Check the labels

When you buy or consume a product, confirm:

- Sugars $\leq$ 5 g/100 g
- Short ingredient list
- Sugar does not appear at the top of the list

Product analysed: _____

Sugars (g/100 g): _____

Planning tip

Prepare a "**sugar-free**" foundation on the weekend, for example:

- **homemade granola** with no added sugar
- **100% fruit jam**

Use this base throughout the week to maintain the **Mediterranean style**, with **less sugar and more flavour**.

Final reflection

It answers the following questions:

1. In which meals was it **easier to** reduce sugar?

2. Which products had **more sugar than you expected** when you read the label?

3. What strategies can you maintain in the coming weeks to **consume less sugar**?
