

Tynnu diodydd siwgr ychwanegol yng Nghwm Taf: tystiolaeth

¹<https://www.gov.uk/government/collections/national-diet-and-nutrition-survey>

²<http://www.wales.nhs.uk/sitesplus/888/page/67795>

³<http://cwmtaf.wales/baby-teeth-do-matter-childrens-dental-health-campaign/>

⁴<http://www.ucd.ie/newsandopinion/news/2018/june/28/cokezeroasuniversitybecomesfirstinirelandtobanthesaleofsugarydrinks/>

⁵http://www.britishsoftdrinks.com/write/mediauploads/publications/bsda_drinks_report_2017.pdf (tudalen 5)

⁶<https://www.nhs.uk/conditions/low-blood-sugar-hypoglycaemia/>

⁷<https://www.nhs.uk/live-well/eat-well/water-drinks-nutrition/>

⁸<https://www.nhs.uk/live-well/eat-well/are-sweeteners-safe/>