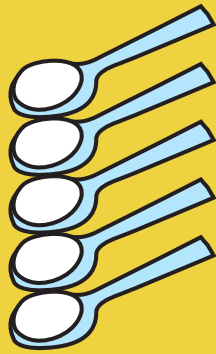
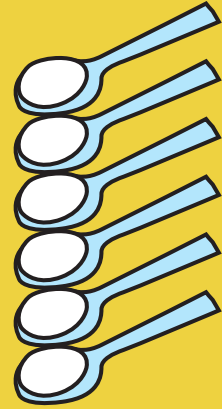


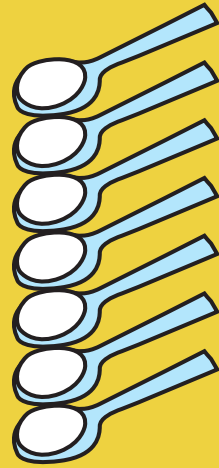
Do you know your daily sugar allowance?



4-6 year olds should not have more than five teaspoons* of sugar per day



7-10 year olds should not have more than six teaspoons* of sugar per day



11 year olds+ should not have more than seven teaspoons* of sugar per day
*1 level teaspoon = 4 grams

Do you know...

- The Change4Life Food Scanner app helps you check the amount of sugar in your food and drink. Scan the barcode to find out exactly how much sugar there is before you buy. Download for free from the App Store.

- Tooth decay is the most common reason children aged 5-9 are admitted to hospital.



download the change4life Sugar Smart app for FREE

Be Sugar Smart

Limit sugary food and drinks to mealtimes. Choose sugar free snacks and drinks such as:

- Fresh fruit
- Raw vegetables
- Bread, toast or crumpets
- Cheese
- Plain water
- Plain lower fat milk

Avoid sugary drinks.

Avoid giving sweets as rewards, give treats like stickers, books, comics or swap cards instead.



Sugars in Food The Facts



download the change4life Sugar Smart app for FREE



March 2020

A guide to sugars in food and drinks

All amounts listed are approximate and current at time of print.
1 level teaspoon of sugar is approximately 4 grams.

Confectionery	Quantity	Teaspoons of Sugar
Boiled sweets & jelly sweets (Haribo, Starmix, Jelly Babies)	100g	21
Chocolate bar (e.g. Bounty, Lion Bars, Mars Bar, Double Decker, Galaxy)	1 standard bar	10
Bubble gum	1 packet	10
Dolly Mixtures, Liquorice Allsorts	1 small box	25.5
Kitkat (4 finger bar)	1 bar	5.5
Polo mints	1 tube	9
Toffees	4oz	25

Biscuits/Cakes/Dessert	Quantity	Teaspoons of Sugar
Plain biscuits (Ginger Nut, Shortcake, Rich Tea)	1 biscuit	2.5
Chocolate digestive	1 biscuit	3
Jaffa cakes	1 biscuit	2
Low calorie chocolate mini roll	1 roll	4
Jam tart	1 tart	5
Doughnut (jam)	1	9.5
Flapjack	1	5.5
Scone (fruit)	1	2
Angel Delight	1 packet	10
Custard (tin)	1 tin	10.5
Fruit (in syrup)	1 small tin	12.5
Vanilla ice cream	1 scoop	1
Jelly	1 packet	24
Rice pudding (tin)	1 tin	9
Yoghurt (fruit)	1 pot	6
Fruit flakes	1 packet (18g)	3

Drinks	Quantity	Teaspoons of Sugar
Squash (orange or blackcurrant etc)	1 glass	8-10
Fizzy pop (Cola, Cherry, Lemon etc)	1 can	9
Lucozade 1 bottle	(300ml)	14
Fresh orange juice (sweetened)	1 bottle (250 ml)	6
Milkshakes (powdered)	3 – 4 teaspoons	5
Fruit shoots	1 bottle	5-6
Energy drinks	1 bottle (500ml)	20
Flavoured water	1 bottle (250ml)	5
Smoothie	1 bottle (250ml)	9
Flavoured coffee	Large cup	19

Spreads and Sauces	Quantity	Teaspoons of Sugar
Chocolate spread/honey/jam/Lemon Curd/Marmalade	2 teaspoons	2.5
Salad cream	15g	1
Tomato ketchup	3 teaspoons	3

Tinned savoury goods	Quantity	Teaspoons of Sugar
Baked Beans	1 medium tin	5
Spaghetti	1 medium tin	4
Soup	1 medium tin	7.5
Noodle mug shot	Per sachet	2.5

Cereals	Quantity	Teaspoons of Sugar
Wheat based biscuits	2 biscuits	6
Puffed Rice	30g	6
Sugar coated cereals	30g	6
Plain porridge	30g	5.6
Breakfast bars	1 bar	4-6

Hidden Sugars!

Check your food label as the following are all forms of sugar:

- Sucrose
- Fructose
- Glucose
- Dextrose
- Honey
- Maltose
- Maltodextrin
- Treacle/Syrup

Sugar Facts

- Sugary food and drinks cause bacteria on teeth to produce harmful acid that rots them. This can lead to painful toothache
- Sugar provides no useful nutrients only calories
- Sugar is not required for energy, starchy foods such as bread, pasta and cereals are a better source of energy
- Excess sugar, means excess energy, which can lead to weight gain

Be sugar smart

Swap sweets and chocolates for healthier options like fruit

