



# Sugar Fact Sheet



Its good to know how much sugar is in the food you eat.



How do we know if we are eating too much?














'Free sugars' are added sugars found in food and drinks



These include natural sugars found in honey, syrup, fruit juice and smoothies


The NHS recommends a maximum daily limit of free sugars by age group

Age	Daily limit teaspoons	Daily limit in grams	Equivalent to (approx.)
 0-3 years	0	0g	
 4-6 years		19g	 50g
 7-11 years		24g	
 11+ including adults		30g	 500ml

# How to work out how much sugar is the food and drink we eat



Food labels list carbohydrates (of which sugars) in grams

4g sugar = 

Adults should have no more than 7.5 teaspoons of sugar a day



Here are some favourite foods and how much sugar is in them



=



(6.5 tea spoons / 26 grams)



=



(13.5 tea spoons / 54 grams)



=



(7.5 tea spoons / 30 grams)



=



(2.75 tea spoons / 11 grams)



=



(2.5 tea spoons / 10 grams)

Here are some favourite foods and how much sugar is in them



=



(1 tea spoon / 4 grams)

Sugary Drinks

Too much sugar can lead to all sorts of health problems:



Tooth Decay



Diabetes



Obesity



We are a nation that loves fizzy drinks

The average person consumes over 200 litres every year



They can contain very high levels of sugar



Some popular brands contain as much as 12.5 teaspoons of sugar:



One 500ml bottle of fizzy drinks = One piece of big cake



=



Here are the 10 highest sugar fizzy drinks per 500ml:

1



=



(16.5 tea spoons / 66 grams)

2



=



(14 tea spoons / 56 grams)

3



=



(14 tea spoons / 56 grams)

4



=



(13.5 tea spoons / 55 grams)

5



=



(13.5 tea spoons / 55 grams)

6



=



(13.5 tea spoons / 54 grams)

7



=



(9.5 teaspoons / 39 grams)

8



=



(8.5 tea spoons / 35 grams)

9



=



(6 tea spoons / 24.5 grams)

10



=



(6 tea spoons / 24 grams)

**Sugar non fizzy drinks**



Fizzy drinks always get a bad rap when it comes to sugar



But other soft drinks can be just as harmful to your health





=



You may think ice tea is healthy, but a sweetened iced tea could have up to 5.5 tea spoons of sugar in one bottle



=



That is almost as much as some chocolate bars!

## Here are the 10 highest sugar non fizzy drinks

1



=



(23 tea spoons / up to 93 grams)

2



=



(20 tea spoons / 82 grams)

3



=



(19 tea spoons / 60-76g grams)

4



=



(13.5 tea spoons / 54 grams)

5



=



(13 tea spoons / 52 grams)

6



=



(12 tea spoons / 49.5 grams)

7



=



(12 tea spoons / 48 grams)

8



=



(10.5 tea spoons / 45 grams)

9



=



(6 tea spoons / 24 grams)

10



=



(5.5 tea spoons / 22 grams)



These are not a definitive list.  
Information is based on research using a specific popular drinks selection—Jan 2020

## Sugary Cereals



Kids often choose sugary cereal especially when there is a cartoon character on the front



(1.5 tea spoons)

You would be surprised at the amount of sugar in the 'healthier' cereals



This is based on 30g per portion which is a recommended portion.



People have more than the recommended portion size. Check your portion sizes!

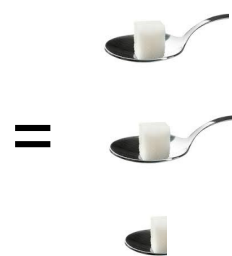
## 10 of the highest sugar cereals (30g with 125ml of semi-skimmed milk)

1



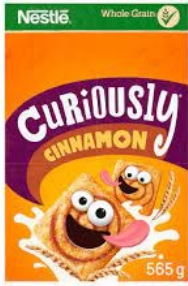
(2.5 tea spoons / 11 grams)

2



(2.5 tea spoons / 11 grams)

3



=



(2 tea spoons / 8 grams)

4



=



(2 tea spoons / 8.7 grams)

5



=



(1.8 tea spoons / 7.5 grams)

6



=



(1.8 tea spoons / 7.2 grams)

7



=



(1.6 tea spoons / 6.7 grams)

8



=



(1.5 tea spoons / 6.5 grams)

9



=



(1.5 tea spoons / 6.2 grams)

10



=



(1.3 tea spoons / 5.1 grams)



This is not a definitive list.

Information is based on research using a popular cereal selection — Jan 2020

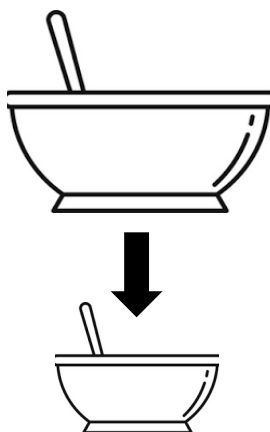
# How can you cut down on sugary cereals?



When you are rushing around in a morning it can be hard to not give in to the breakfast demands of your kids which may not be the healthiest options



Mix half of their favourite sugary cereal with a lower sugar healthier option



Change to smaller bowls to control portion size



Make small changes then try to only have sweeter cereals at weekend or holidays



Small changes make a huge difference! Take your first step today. You have got this!