Making the right choices for healthy teeth

HOW MUCH SUGAR IS IN THE FOODS YOU EAT?

Have a look at the list below and check.

The recommendations are not more than 10 teaspoons a day (including those added to tea, coffee, cereals etc.)

FOOD ITEM	AMOUNT	teaspoons sugar		
DRINKS				
Cola	lcan	9		
Blackcurrant Fruit Shoot	1 bottle	5 1/2		
Sunny Delight	1 glass	4		
J2O orange/passionfruit	1 bottle	7 1/2		
Water (hint of peach)	1 glass	3		
Nesquik strawberry milk	1 glass	51/2		
Horlicks	lmug	4		
Drinking chocolate	1 mug	6		
CONFECTIONARY				
Mars Bar	1 bar	9		
Crunchie	1 bar	6		
Crème Egg	legg	6 ¹ / ₂		
Wispa	1 bar	5		
Snickers	1 bar	6 ¹ / ₂		
Kitkat	1 bar	4		
Haribo jellies	1 medium bag	20		
BISCUITS, CAKES, PUDDINGS E		11/		
Jaffa Cake	1 cake	11/2		
Penguin bar	1 bar	2		
Chocolate cake with icing	1 medium slice	5		
Hot Cross Bun	1 bun	4 1/2		
Fruit cake	1 medium slice	3		
Rice pudding	1 bowl	5		
Custard	1 bowl	51/2		
Instant Whip	1 bowl	5		
Jelly	1 pot	5		
Fruit yoghurt	1 pot	3		
Peaches in syrup	1 bowl	7		
Raspberry Ripple ice-cream	l scoop	3		
Magnum	1 lolly	6		



SUGAR CONTENT INFORMATION SHEET

FOOD ITEM	AMOUNT	teaspoor	ns sugar	
TINNED VEGETABLES, SOUPS, SPREADS ETC				
Baked beans	1/2 medium tin	3		
Sweetcorn	1/2 medium tin	1 1⁄2		
Ravioli	1 tin	2		
Tomato soup	1 tin	5		
Mushroom soup	1 tin	2		
Sweet pickle	tablespoon	2		
Tomato sauce	tablespoon	2		
Salad cream	tablespoon	1 1⁄2		
Peanut butter	tablespoon	1 1⁄2		
Strawberry jam	tablespoon	2		
Marmalade	tablespoon	2 1/2		
Honey	tablespoon	3	Contraction of the second seco	
BREAKFAST CEREALS				
Coco Pops	1 bowl	4		
Frosties	1 bowl	3 1⁄2	the second second	
Sugar Puffs	1 bowl	3		
Strawberry Pop Tart	ltart	4		
Rice Krispies bar	1 bar	2		

