

How much sugar is in that?!

How much sugar you can have per day
↓



0g Sugar



18g Sugar = 4 ½ tsp



20g Sugar = 5 tsp



22g Sugar = 6tsp

4-6 years



5 cubes max*
or 19 grams



24.2g Sugar = Over 6tsp



27.5g Sugar = 6 ¾ tsp



28.8g Sugar = 7 ¼ tsp



33g Sugar = 8 ¼ tsp

7-10 years



6 cubes max*
or 24 grams



35g Sugar = 8 ¾ tsp



53g Sugar = 13 ¼ tsp



62g Sugar = over 15 ½ tsp

WHEN YOU READ
FOOD LABELS
REMEMBER:

4G OF SUGAR



= 1 TEASPOON

11+ years



7 cubes max*
or 30 grams

* 1 = 4g of sugar

HOW MUCH SUGAR IS IN THAT?!



24.2 g = Over 6 tsp



27.5g = 6 3/4 tsp



28.8 g = 7 1/4 tsp



33g = 8 1/4 tsp



37g = 9 1/4 tsp



37.8g = 9 1/2 tsp



39.3g = 9 3/4 tsp



40g = 10 tsp



50.9g = 12 3/4 tsp



53g = 13 1/4 tsp



55g = 13 3/4 tsp



62g = 15 1/2 tsp

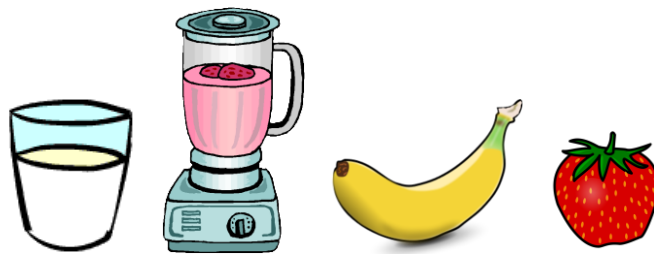
Healthy Drinks



Drink plenty of water to keep yourself hydrated; water is the healthiest option when you are thirsty. If you don't like the taste of plain water add a slice of orange, lemon or lime OR try a slice of cucumber or fresh mint leaves



Milk helps strengthen your bones; you need your calcium and vitamins from milk to help you grow. Drink the green top, semi-skimmed milk or even better, the red top milk. It gives you the exact same amount of calcium but less fat.



If you fancy a change, consider blending fruit into milk for a healthy milkshake (this should be limited to 200ml per day)



Fresh fruit juice is still high in natural sugar; add water to dilute it (50% water) and try to drink it with a meal to protect your teeth from damage!



