



# How much sugar is in that?

**Sugar is often hidden in everyday foods and drinks! Eating and drinking **TOO MUCH** sugar **TOO OFTEN** can lead to **TOOTH DECAY!****

Sugar Per Serve in Common Foods and Drinks • 1 Teaspoon = 4g/ml. g/ml rounded to nearest teaspoon

## Snacks TEASPOON

Muffin small assort low fat (145g)	7-10
Choc custard (150g)	7
Choc custard 98% fat free (150g)	5
Yoghurt fruit 98% fat free (200g)	6
Sultana snack box (40g)	7-8
Ice-cream cup (100g)	6
Two fruits in flavoured jelly (125g)	5
Plain chocolate 3 squares	5
Fruit straps assorted (1 stick)	2-4
Yoghurt pouches assorted (140g)	3
Chocolate biscuit (each)	2
Muesli/choc/rice bar assorted (23-35g)	1-2
Tasty cheese & crackers (1 serve)	less than 1
Pretzels (18 pretzels)	less than 1
Rice cakes (1 cake)	less than 1
Savoury shape biscuits (25g)	less than 1
Popcorn – plain (80g)	less than 1

## Spread / Sauce TEASPOON

Honey	4
Jam assorted	3
Chocolate spread	3
Tomato sauce assorted	1
Mayonnaise reduced/fat free	1
Mayonnaise assorted	less than 1
Peanut paste	less than 1
Cream cheese spread	less than 1
Savoury spread	less than 1
Hummus dip	less than 1
Avocado – fresh	less than 1

## Drinks TEASPOON

Water (600ml)	0
Iced tea plain & assort (600ml)	6-9
Sports drinks assort (600ml)	9
Fruit box x 2 assorted (600ml)	10-12
Bubble tea (600ml)	10-12
Frozen drink assorted (600ml)	12
Orange fruit drink 25% (600ml)	11-15
Energy drinks assorted (600ml)	15
Flavoured milk assorted (600ml)	8-16
Soft drinks assorted (600ml)	12-17
Cordial (600ml-diluted 1:4)	11-18

## Breakfast Cereals TEASPOON

Fruit rings (45g)	5
Chocolate rice puffs (45g)	4
Honey corn cereal flakes (45g)	4
Breakfast drink assorted (250ml)	3-4
Bran flakes with sultanas (45g)	3
Berry Flavoured rolled oats (45g)	3
Rice puff cereal (45g)	1
Corn cereal flakes (45g)	1
Wheat biscuits (2 Biscuits)	less than 1
Traditional rolled oats (45g)	less than 1


## So what can you do?


Look for hidden sugar listed on labels e.g. sucrose, glucose, corn syrup etc.	<input checked="" type="checkbox"/>
Choose low sugar snacks and drinks	<input checked="" type="checkbox"/>
Drink water when thirsty	<input checked="" type="checkbox"/>
Avoid sweet, sticky foods between meals	<input checked="" type="checkbox"/>
Brush twice a day with a fluoride toothpaste	<input checked="" type="checkbox"/>

**For further information please discuss with your dental practitioner**

### Would you like more information or to provide feedback?

This document can be made available in alternative formats such as braille, audio tape or electronically on request.

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