

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





SNACK	TEASPOON	DRINKS	TEASPOON	SPREAD/SAUCE	TEASPOON
Muffin small assort low fat (145g)	7-10	Flavoured Milk assorted (600ml)	10-16	Honey	4
Choc Yogo (200g serve)	9	Soft drinks assorted (600ml)	6-16	Nutella	3
Yoghurt Assort Fruit Non-Fat (170g)	8	Energy drinks assorted (500ml can)	14	Jam assorted	3
Sultana snack box (40g serve)	7-8	Orange fruit drink (600ml)	12	Tomato Sauce assorted	1
Ice-cream cup (132g)	8	Frozen Drinks assorted (600ml)	10	Mayonnaise reduced/fat free	1
Choc Yogo 98% Fat Free (200g)	6	Iced Tea plain & assorted (500ml)	7-10	Mayonnaise assorted	<i>less than 1</i>
Two fruits in Flavoured Jelly (125g)	5	Sport drinks assorted (600ml)	6-9	Peanut paste	<i>less than 1</i>
Plain Chocolate 3 squares	5	Juice drink Fruit Box assorted (250ml)	5-6	Cream cheese spread	<i>less than 1</i>
Fruit Straps/Roll Ups assort (1 stick)	2-4	Cordial (300ml - diluted 1:4)	2-5	Vegemite	<i>less than 1</i>
Yoghurt Pouches assort (70-120g)	2	Plain full cream milk (250ml)	2-3	Hummus dip	<i>less than 1</i>
Tim Tams Arnott's (each)	2	Water (600ml bottle)	0	Avocado -fresh (each)	<i>less than 1</i>
Muesli/Milo/LCM bar assort (20-31g)	1-2	BREAKFAST CEREALS		BREAKFAST CEREALS	
Tasty Cheese & Crackers (1 serve)	<i>less than 1</i>	Up and Go assort (250ml)	4-5	Special K (45g)	2
Pretzels	<i>less than 1</i>	Fruit Loops (45g)	5	Rice Bubbles (45g)	1
Rice cakes (1 cake)	<i>less than 1</i>	Coco Pops (45g)	4	Corn Flakes (45g)	1
Arnott's Shapes PKT (25g)	<i>less than 1</i>	Honey Crunch Corn Flakes (45g)	4	Weet-Bix (2 biscuits) Traditional	<i>less than 1</i>
Popcorn plain (80g serve)	<i>less than 1</i>	Nutri-Grain (45g)	3	Rolled Oats (45g)	<i>less than 1</i>

So what can you do?

- Look for hidden sugar listed on labels eg. sucrose, glucose, corn syrup etc
- Choose low sugar snacks and drinks
- Drink water when thirsty
- Avoid sweet, sticky foods between meals
- Brush twice a day with a fluoride toothpaste

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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