

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
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DRINKS

Cola	1 can	9
Blackcurrant Fruit Shoot	1 bottle	5 ½
Sunny Delight	1 glass	4
J2O orange/passionfruit	1 bottle	7 ½
Water (hint of peach)	1 glass	3
Nesquik strawberry milk	1 glass	5 ½
Horlicks	1 mug	4
Drinking chocolate	1 mug	6



CONFECTIONARY

Mars Bar	1 bar	9
Crunchie	1 bar	6
Crème Egg	1 egg	6 ½
Wispa	1 bar	5
Snickers	1 bar	6 ½
Kitkat	1 bar	4
Haribo jellies	1 medium bag	20



BISCUITS, CAKES, PUDDINGS ETC

Jaffa Cake	1 cake	1 ½
Penguin bar	1 bar	2
Chocolate cake with icing	1 medium slice	5
Hot Cross Bun	1 bun	4 ½
Fruit cake	1 medium slice	3
Rice pudding	1 bowl	5
Custard	1 bowl	5 ½
Instant Whip	1 bowl	5
Jelly	1 pot	5
Fruit yoghurt	1 pot	3
Peaches in syrup	1 bowl	7
Raspberry Ripple ice-cream	1 scoop	3
Magnum	1 lolly	6



FOOD ITEM **AMOUNT** **teaspoons sugar**

TINNED VEGETABLES, SOUPS, SPREADS ETC

Baked beans	½ medium tin	3
Sweetcorn	½ medium tin	1½
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	1½
Peanut butter	tablespoon	1½
Strawberry jam	tablespoon	2
Marmalade	tablespoon	2½
Honey	tablespoon	3



BREAKFAST CEREALS

Coco Pops	1 bowl	4
Frosties	1 bowl	3½
Sugar Puffs	1 bowl	3
Strawberry Pop Tart	1 tart	4
Rice Krispies bar	1 bar	2

