

ARE YOU SUGAR SMART?

1 rounded teaspoon / cube = 4 grams

Recommended maximum daily amount of added sugar aged 11 + years is 30 grams = 7.5 teaspoons

Water	0 teaspoons	
Oasis Summer Fruits (500ml)	5 teaspoons*	5
Drench Peach and Mango (500ml)	6 teaspoons*	6
Volvic Lemon and lime (500ml)	6 teaspoons*	6
Fanta Orange (500ml)	8.5 teaspoons*	8.5
Dr Pepper (500ml)	9 teaspoons*	9
Banana Frijj Milkshake (471 ml)	11 teaspoons*	11
Ribena Blackcurrant (500ml)	12.5 teaspoons *	12.5
Coca - Cola (500ml)	13.5 teaspoons*	13.5
Monster Energy (500ml)	14 teaspoons*	14

*Number of teaspoons is approximate

SUGAR SMART

Bath & North East Somerset