

SUGAR SMART

Bath & North East Somerset

Knowing where sugar is added to food and drink can help you be Sugar Smart







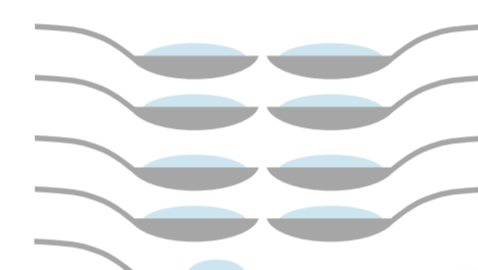





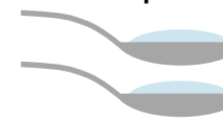
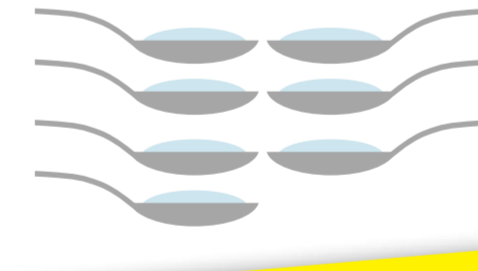






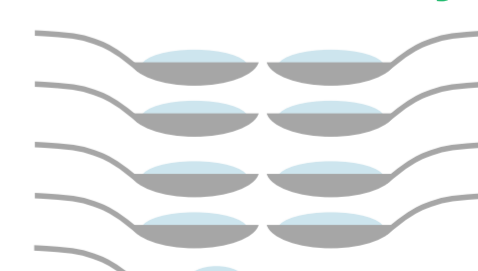


The recommended maximum daily amounts of added sugar are:

1-2 years	3-4 years	4-6 years	7-10 years	11+ years
x3* teaspoons	x4* teaspoons	x5* teaspoons	x6 teaspoons	x7.5 teaspoons
(11 grams)	(15 grams)	(19 grams)	(24 grams)	(30 grams)

* Number of teaspoons is approximate. 1 rounded teaspoon = 4g sugar

Sugar can easily add up across the day:

 30g serving (without milk) 1 1/2* teaspoons 	+	 30g serving 2* teaspoons 	+	 200ml serving 5 teaspoons 	=	<div style="border: 2px solid orange; padding: 10px; text-align: center;"> <p>8 1/2* teaspoons across the day</p>  </div> <div style="background-color: yellow; padding: 5px; transform: rotate(-5deg); font-weight: bold;"> Nearly three times more than the recommended amount for a 1-2 year old </div>
 30g serving (without milk) 2* teaspoons 	+	 21g bag 3* teaspoons 	+	 200g meal 2* teaspoons 	=	<div style="border: 2px solid orange; padding: 10px; text-align: center;"> <p>7* teaspoons across the day</p>  </div> <div style="background-color: yellow; padding: 5px; transform: rotate(-5deg); font-weight: bold;"> About the same as recommended for 11+ years! </div>
 1/2 can 207.5g 2 1/2* teaspoons 	+	 30g bag 4* teaspoons 	+	 47g (2 pots) 2* teaspoons 	=	<div style="border: 2px solid orange; padding: 10px; text-align: center;"> <p>8 1/2* teaspoons across the day</p>  </div> <div style="background-color: yellow; padding: 5px; transform: rotate(-5deg); font-weight: bold;"> Twice as much as recommended for a 3-4 year old </div>