

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 (11 grams)	x4* teaspoons (15 grams)	x5* teaspoons (19 grams)	x6 teaspoons (24 grams)	x7.5 teaspoons (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

3 cakes
 5* teaspoons

200ml serving
 5 teaspoons

11 1/2* teaspoons across the day

A 4-6 year old is recommended to have no more than 5 teaspoons a day!

30g serving (without milk)
 2* teaspoons

135g pot
 6* teaspoons

15g serving
 1* teaspoon

9* teaspoons across the day

That's more than recommended for someone aged 11+ years!

1/2 can 207.5g
 2 1/2* teaspoons

21g bag
 3* teaspoons

250ml
 6* teaspoons

11 1/2* teaspoons across the day

Almost double the amount recommended for a 7 - 10 year old