

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:

40g serving (without milk)
3 teaspoons

500ml
14* teaspoons

450g
8* teaspoons

25* teaspoons across the day

That's triple the amount recommended for 11+ years!

37g bar
3 teaspoons

471ml
11* teaspoons

415g serving
5* teaspoons

19* teaspoons across the day

Anyone over 11 years is recommended to have no more than 7.5 teaspoons a day

1/2 pack 59g
10 teaspoons

500ml
5* teaspoons

1/2 jar 250g
4* teaspoons

19* teaspoons across the day

More than twice the amount recommended for 11+ years