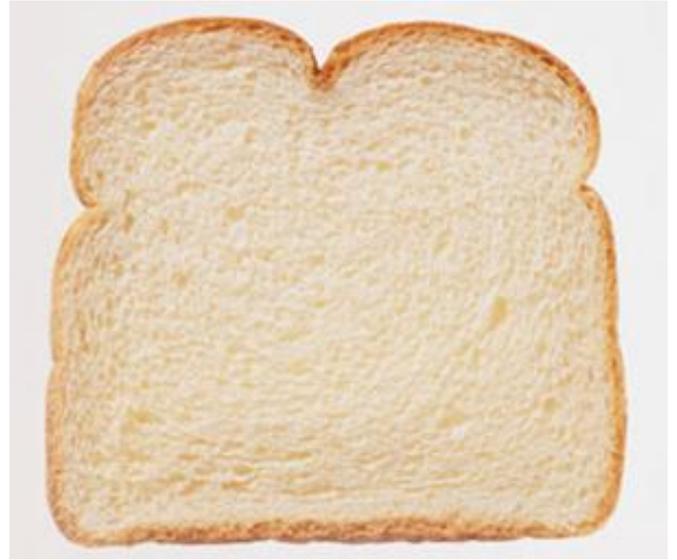




Tin of baked beans



Slice of bread



Small bottle Fruit Shoot  
– low sugar



2 Weetabix



Small jar of chocolate spread



Bowl of Frosties



One cream cracker



Tub of fruit yoghurt



Sachet of tomato ketchup



One Jaffa Cake



Glass of orange juice



2 scoops of ice cream



Glass of milkshake



Bottle of Ribena



Can of Cola



Glass of Water

## The Sugar Quiz

**Sugar content is based on portion size shown in picture**

Product	Teaspoons of sugar	Alternatives
Water	0	Water and milk are the best drinks for teeth
Cream cracker	Trace	A healthy option, add cheese to make it really tooth friendly.
Bread	0.3 per slice	There is little difference between white and wholemeal, it is healthy option, make small sandwiches up for snacks.
Weetabix	0.4 in 2 biscuits (suggested portion)	A healthy low sugar breakfast cereal as long as sugar is not added.
Fruit Shoot Low sugar	0.5	Although low in sugar it is acidic and can cause acid erosion.
Tomato ketchup	1 per tablespoon (suggested serving)	How many people use more than one tablespoon? Look for low sugar alternatives (0.2 tsp per serving for reduced sugar brands).
Jaffa cake	2 per cake, 20 tsp per 150g pack	This will be about the same for biscuits, try to limit the frequency and look for alternatives such as fruit.
Frosties	3 (30g variety box serving)	Three whole spoons of sugar in a tiny box, most use two as a serving.
Fresh orange juice	4 per 150ml	These are fruit sugars so are better options than added sugar (table sugar) but limit to mealtimes only.
Fruit Yoghurt	4 (125g pot)	Use plain natural yoghurt with fruit added instead. The content ranges from one yoghurt to another.
Milkshake	5 (13g Nesquik powder & 200ml Semi Skimmed milk)	The milk is tooth friendly, but Nesquik adds the sugar better to choose plain milk instead. (Fresh milk and fruit = about 2.3 tsp)
Baked Beans	6 (medium tin 420g)	Recommended portion is ½ a can (3tsp). It's a great source of fibre, and counts towards your 5 a day, look for low sugar options (as little as 1 tsp per ½ can).
Ice cream	(4 for 1 x 56g scoop!) 2 scoops will have approx. 8tsp	This will vary depending on the type of ice cream, limit consumption to meal times only. (for a 500ml tub of fudge brownie ice cream 27.5 tsp!)
Cola	9 per 330 ml can	Even sugar free will still be acidic and will cause acid erosion to teeth.
Ribena	12.5 (500ml bottle)	Contains lots of sugar and the low sugar options will be acidic and cause acid erosion A suggested serving is 250ml (half a bottle)
Choc Spread 200g Jar	28.4 in the whole jar. 2tsp in a recommended serving (15g)	This is a 200g jar so obviously the large 400g jar will have over 56 teaspoons of sugar in!!! Very high in sugar choose healthier alternatives (Cheese spread on toast etc.) and limit the frequency it is given.

UK Recommended Daily Allowance approx.

4-6-year-old child = 5 teaspoons of sugar a day

7-10-year-old child= 6 teaspoons of sugar a day

11 years-adult = 7 teaspoons of sugar a day

This is for added sugars not naturally occurring sugars in milk, fresh fruit/veg etc.

4g = 1teaspoon

Reducing sugar - Food facts - Healthier Families – NHS: <https://www.nhs.uk/healthier-families/food-facts/sugar/#BudZyO42mBvAzewT.97>