

**EAT BETTER  
FEEL BETTER**

# What you need to know about sugar

The main thing you need to try and avoid or cut down is **added sugar** (this is extra sugar added to sweeten food). Added sugar doesn't include naturally occurring sugars found in plain milk, plain yoghurts and whole fruit and veg. Watch out for other types of added sugar on labels, such as: honey, syrups, fructose, sucrose, glucose, fruit juice concentrate and nectars. Try to go for products with 'no added sugar'.

Fruit juice and smoothies are also sugary but still count towards your 5 a day. So remember to limit the amount to no more than 150ml per day and try to only have them at mealtimes as on their own they can cause tooth decay.

## Sugar watch!

These sugary snacks contain more than the maximum daily amount recommended for an 8 year old.



**7 teaspoons**  
of sugar in 1 can of fizzy drink.



**5 teaspoons**  
of sugar in 1 sweet muffin



**8 teaspoons**  
of sugar in 1 bowl of ice cream

## What's the maximum amount of sugar we can have?

A typical 8 year old shouldn't have more than 5 teaspoons of added sugar per day.



Maximum recommended added sugar intake per day:

Age <b>4-6</b>	<b>19 grams</b> Equal to: 4 teaspoons
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Age <b>7-10</b>	<b>24 grams</b> Equal to: 5 teaspoons
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Age <b>11+</b>	<b>30 grams</b> Equal to: 6 teaspoons
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**Food labelling can help you make healthier choices. See the back of this card for more info...**