

HOW MUCH SUGAR?

One rounded teaspoon (tsp.) of sugar weighs approximately 5 grams. Bar, packet etc. sizes are those most common to the product unless otherwise stated.

| Product | Portion | Tsps of Sugar | Sugar (g) |
|-----------------------------------|-------------------|---------------|-----------|
| Biscuits | | | |
| Chocolate Digestive | 1 Biscuit | 1 | 4.85g |
| Digestive | 1 Biscuit | ½ | 2.31g |
| Jaffa Cakes | 1 Biscuit | 1 ½ | 6.47g |
| Jam Sandwich | 1 Biscuit | 1 | 4.37g |
| Rich Tea | 1 Biscuit | ⅓ | 1.87g |
| Cereal Bar (chewy) | 1 Bar | 1½ | 7.81g |
| Breakfast Cereals | | | |
| Cornflakes | Small Box (25g) | ½ | 2.05g |
| Coco Pops | Small Box | 2 | 10.5g |
| Frosties | Small Box | 2 ¼ | 11g |
| Ready Brek | Small Box | ⅛ | 0.48g |
| Shredded Wheat | 1 Biscuit | 0 | 0.12g |
| Shreddies | Small Box | ¾ | 3.85g |
| Weetabix | 1 Biscuit | ¼ | 0.85g |
| Cakes | | | |
| Chocolate Fudge Cake | 1 Med Slice (75g) | 6 ½ | 33.3g |
| Fairy Cake | 1 Cake | 1 ¼ | 5.45g |
| Fruit Cake | 1 Med Slice (75g) | 3 | 15.2g |
| Jam Doughnut | 1 Bun | 3 | 15.8g |
| Jam Tart (50g) | 1 Tart | 3 ½ | 23.85g |
| Swiss Roll (individuals) | 1 Roll | 2 ¼ | 10.45g |
| Desserts | | | |
| Instant dessert powders | ¼ Packet (25g) | 2 ¼ | 10.45g |
| Ice Cream | 1 Scoop | 2 ⅓ | 10.29g |
| Jelly made with water | 1 packet (85g) | 2 ⅓ | 12.84g |
| Fromage Frais | 1 Small Pot | 1 ⅓ | 6.65g |
| Fruit Yoghurt | 1 Pot (125g) | 4 | 20.75g |
| Plain Yoghurt | 1 Pot (125g) | 2 | 9.75g |
| Twinpot Yoghurt with Fruit | 1 Pot | 4 ¾ | 19.5g |

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|--|-----------------------|---------------|-----------|
| Confectionary | | | |
| Milk Aero* | 1 Bar | 3 ½ | 17.5g |
| Chocolate Buttons* | Small Packet | 3 ½ | 18.1g |
| Dolly Mixtures | 1/2 of 100g Packet | 8 | 40g |
| Fruit Pastilles | 1 Tube | 3 | 15g |
| Fruit-tella* | 1 Packet | 4 ½ | 22.55g |
| Haribo Starmix* | Fun-size Packet (10g) | 1 ¼ | 6.34g |
| Maltesers | 1 Packet | 4 | 19.7g |
| Liquorice Allsorts | 1/4 of 190g Bag | 3 | 15.1g |
| Mars | 1 Bar | 6 | 29.7g |
| Milky Way | 1 Bar | 3 | 14g |
| Smarties* | 1 Tube | 2½ | 12.1g |
| Sun-Maid Raisins* | Small Box | 4 | 20.5g |
| Twix* | 2 Biscuits | 4¾ | 24g |
| Spreads | | | |
| Chocolate /Choc Nut Spread | 2 Tsps | 1 ¼ | 5.97g |
| Honey | 2 Tsps | 1 ½ | 7.75g |
| Jam/Marmalade | 2 Tsps | 1 ¼ | 6.95g |
| Peanut Butter (smooth) | 4 Tsps | ¼ | 1.34g |
| Golden Syrup | 2 Tsps | 1 ½ | 7.9g |
| Soft Drinks | | | |
| Cola | 1 Can (500ml) | 10 ¾ | 54.5g |
| Capri-Sun Orange* | 1 Pouch (200ml) | 4 | 20.1g |
| Drinking Chocolate | 3 Tsps | 1 | 4.95g |
| Fruit Shoot* | 1 Bottle (200ml) | 4½ | 22g |
| Apple & Blackcurrant | | | |
| Lemonade | 1 Glass (250ml) | 3 | 14.5g |
| Lucozade | 1 Bottle (380ml) | 11 ½ | 54.34g |
| Pure Fruit Juice (Average of orange, apple & pineapple) | Small Carton (200ml) | 4 | 20.6g |
| Ribena | Carton (288ml) | 5½ | 28.8g |
| Innocent Apple Juice for kids* | Carton (180ml) | 3⅓ | 17.5g |

SOURCE *McCance and Widdowson's The Composition of Foods (6th Edition)*

*Nutritional information found using manufacturer's information.

Taking care of your teeth

- Keep sugary or acidic foods and drinks to mealtimes.
- Snacks and drinks in between meals should be tooth friendly. Some examples are:
 - Still, unflavoured water
 - Milk
 - Fresh fruit or fresh vegetables
 - Plain bagels, plain rice cakes, plain popcorn (unsalted)
- We do not recommend 'no added sugar/low sugar' drinks between meals as they contain fruit sugars. They also contain sweeteners which are not suitable for children under five years.
- Brush your teeth before bedtime and at one other time during the day with fluoride toothpaste.
- Spit out after brushing - don't rinse with water.
- Babies and children under three years should have teeth brushed as soon as they begin to appear in the mouth, with a soft, small headed toothbrush. Use just a smear of toothpaste containing at least 1000ppm (parts per million) of fluoride. Check the ingredients for this information.
- Adults and children over three years (able to spit out) may use a pea size amount of fluoride toothpaste (1350ppm)
- Maintain regular dental appointments.

If you require help finding a dentist please contact:

NHS Helpline: 111

Or on the web: www.nhs.uk

For further information about this leaflet, please contact:

**Oral Health Promotion, Community Dental Services CIC
Telephone: 01234 310354/310355**

www.communitydentalservices.co.uk

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How much sugar?



A short guide to the sugar content in a selection of everyday foods and drinks