



Sugar

It's out there... often hidden in everyday foods and drinks!

When we eat *too much* sugar *too often* it can result in **TOOTH DECAY!**

1 teaspoon = 5 grams					
Sugar Per Serve in Common Foods and Drinks					
Snacks	Teaspoon	Drinks	Teaspoon	Spread/Sauce	Teaspoon
Brownies Yogo assort (200g serve)	4 - 8	Orange/Fanta (375ml can)	9 - 10	Honey (25g)	4
Sultana snack box (40g serve)	5 - 7	Soft drinks assorted (375ml can)	8 - 10	Ordinary jam	2½
Mars Bar (53g)	6	Gatorade/Powerade (600ml bottle)	7	100% fruit jam (20g)	2
Allnatures – Snakes (4 per serve)	5	Red Bull (250ml can)	5½	Nutella (20g)	2
Fruit Straps/Roll Ups assort (20g)	1 - 3	Juice drink Fruit Box (250ml box)	5 - 5½	Diet Jam (20g)	1
Chupa Chup (each)	2	Ribena Blackcurrant (250ml box)	5	Tomato Sauce (20ml)	1
Muesli/Milo/LCM bar assort (35g)	1½ - 2	Chocolate flavoured milk (300ml cnt)	5	Weight Watchers Mayonnaise (20g)	1
Tim Tams Arnott's (each)	1½	Cordial (300ml - diluted 1:4)	4 - 5	Mayonnaise (20g)	negligible
Le Snak – cheese snack (1 serve)	negligible	Water (600ml bottle)	0	Peanut paste (20g)	negligible
Popcorn –plain (80g serve)	negligible	Breakfast Cereals per serve		Cream cheese spread (20g)	negligible
Rice cakes (1 cake)	negligible	Fruit Loops Kellogg's (30g)	2½	Cheddar cheese spread (20g)	negligible
Rice crackers (each)	negligible	Coco Pops Kellogg's (30g)	2	Vegemite (20g)	negligible
		Nutri-Grain Kellogg's (30g)	2	Avocado – fresh (each)	0
		Milo Nestle	2		
		Weet Bix Sanitarium (30g)	negligible		
		Weeties Uncle Toby's (30g)	negligible		

*** all grams have been rounded to the nearest teaspoon**

So what can you do?

- ✓ Look for hidden sugar listed on labels eg. sucrose, glucose, corn syrup
- ✓ Avoid sweet, sticky foods between meals
- ✓ Choose low sugar snacks
- ✓ Drink water when thirsty
- ✓ Brush twice a day with a fluoride toothpaste