

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

Product	Portion	Tsps of Sugar	Sugar (g)
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
 - Breadsticks, 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 no less than 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 visit:

www.communitydentalservices.co.uk

How much sugar?



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