

# How to cut down on sugar



**Keep sugary foods and drinks to meal times only.**

**It is better for your teeth to eat them all in one go!**

**Instead - try these ideas for between meal snacks**



**Fresh fruit**

**Raw vegetables cubed or diced**

**Bread, toast, bagels, spread with mashed bananas, sugar-free peanut butter, marmite or cheese spread, or low fat hummus.**

**Tea, coffee (without sugar), water and milk**



**Avoid using sweets as 'rewards' for children. Encourage family and friends to give other presents or treats instead like comics, books, stickers or swap cards.**

**Nutritional value:** Sugar provides no useful nutrients. The amount of minerals in brown sugar and honey are very small. Added sugars are found in a range of foods and drinks, so limit them to help control your weight.

**Foods for energy:** Sugar is not required for energy. Starchy foods are a healthy choice for providing the body with energy e.g. bread, potatoes, rice, pasta, cereals, flour. The starch is turned into glucose by the body. Wholegrain or wholemeal varieties also contain other useful nutrients and are more satisfying and keep you feeling full for longer.

**Tooth decay:** Every time you eat or drink something containing sugar, the bacteria (plaque) on your teeth produce acid which attacks your teeth and causes tooth decay. Cutting down on sugary snacks and drinks between meals will help to keep your teeth healthy.

## Understanding The Label

○ Typical value per 100 g

ENERGY	1681kJ 397 kcal
PROTEIN	6 g
CARBOHYDRATE	82g
of which sugars	35g
starch	47 g
FAT	5g
of which saturates	0.9 g
FIBRE	2.5 g

- Look at the "carbohydrates (of which sugars)" figure on the label. High is more than 15g sugars per 100g, low is 5g sugars or less per 100g. The figure may also include fruit and milk sugars, which occur naturally.
- Look for other words on the ingredient list that mean sugar such as sucrose, glucose, fructose, maltose, dextrose, hydrolysed starch, maltodextrin, invert sugar, corn syrup, malt, honey, treacle and syrup. If these words are near the top of the list of ingredients, the item is likely to be high in added sugars.
- Be careful of snacks that claim to be low in fat – they may be high in sugar.

Developed by the East Sussex Special Care Dental Service and the Department of Community Nutrition and Dietetics.

Distributed by Health Promotion  
 NHS East Sussex Community Health Services.  
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# Sugar Exposed

**A useful guide to the hidden sugar in your food and drinks**



# Do you know how much **SUGAR** you eat and drink?

## Confectionery

amount	Number of teaspoons of sugar
Boiled sweets	11 1/2
Chocolate milk/plain	11 1/2
Crunchie	5
Fruit flakes	3 1/4
Fruit winders	1 1/4
Kit Kat Chunky	6 1/4
Liquorice Allsorts	27
M&Ms	5 3/4
Mars	6 3/4
Skittles	6
Starburst	5 1/2
Snickers	5 1/4
Twix	2 3/4
Wispa	4 1/4
Polos	6 1/2
Polos (sugar free)	0
Chewing gum (sugar free)	0

## Biscuits

Chocolate digestive	1
Chocolate Hobnob	1 1/4
Custard cream	1 3/4
Digestive	3/4
Ginger nut	3/4
Go Ahead bar	2
Jaffa Cake	1 1/2
Penguin	1 3/4
Rich Tea	1/4
Rye crispbread/rice cake	Trace
School bar	1 3/4
Bread stick	Trace

## Cakes and buns

Carrot cake (with icing)	3
Danish pastry	6
Doughnut, jam	3 1/2
Fruit cake, plain	5
Hot cross bun	2
Muffin (chocolate chip)	4 3/4
Scones, fruit	1 3/4
Sponge cake (jam filled)	5 1/2
Swiss roll	2 1/2
Crumpets	Trace

## Breakfast cereals

amount	Number of teaspoons of sugar
Branflakes	2 1/2
Cheerios	1 1/4
Cereal bar	2 1/2
Cornflakes	1 1/2
Cornflakes (honey nut)	3 1/4
Coco pops	3 1/4
Frosties	3 1/2
Muesli (with added sugar) (Alpen)	1 3/4
Muesli (with no added sugar) (Alpen)	1 1/4
Rice crispies	1 3/4
Shreddies	1 1/2
Shreddies (coco)	3 3/4
Weetabix	1/2
Porridge (unsweetened)	Trace
Puffed wheat	Trace
Shredded wheat	Trace

## Soups & tinned vegetables

Baked beans	2
Baked beans (reduced sugar)	1
Cup-a-soup	3/4
Packet soup, minestrone	1
Tinned tomato soup	2
Peas	1/4
Pot noodles	1 1/2
Sweetcorn	1

## Desserts

Banoffi pie	4 1/4
Custard	3 1/4
Chocolate mouse	3
Cornetto	3
Fruit pie	3 1/2
Fromage frais	2
Fruit corner	3
Fruit flavoured yoghurt	4 1/4
Ice cream, dairy vanilla	3
Jelly	4
Rice pudding	3 3/4
Tinned peaches, in syrup	3 1/4
Tinned peaches, in juice	2 1/4



**A teaspoon of sugar is approximately 5 grams**

## Sauces & pickles

	Number of teaspoons of sugar
Brown sauce/tomato ketchup	3/4
Salad cream	1/2
Sweet pickle, relish	1

## Spreads

Chocolate nut spread	1 3/4
Honey	2 1/2
Jam/marmalade	1 3/4
Peanut butter	1/4
Syrup	2 1/2

## Drinks

Coca cola	7
Drinking chocolate/Horlicks	4 1/2
Orange squash	2 1/2
Lemonade	5 1/2
Fruit shoot	5
Fruit smoothie	3 1/2
Milkshake	2 1/2
Red Bull (an energy drink)	7 1/2
Ribena	4 1/4
Ribena Light	Trace
Slim Fast drink	5
SunnyD	5

## Alcohol

Alcopops	2
Cider, sweet	2 1/2
Lager	1 1/2
White wine (medium)	3/4

Dairy foods and drinks contain lactose which is not an added sugar. Lactose has been included in the items in this leaflet.