

# ARE YOU SUGAR SMART?

1 rounded teaspoon / cube = 4 grams

Recommended maximum daily amount of added sugar aged 11 + years is 30 grams = 7.5 teaspoons

|                                       |                  |      |
|---------------------------------------|------------------|------|
| Water .....                           | 0 teaspoons      |      |
| Oasis Summer Fruits (500ml) .....     | 5 teaspoons*     | 5    |
| Drench Peach and Mango (500ml) .....  | 6 teaspoons*     | 6    |
| Volvic Lemon and lime (500ml) .....   | 6 teaspoons*     | 6    |
| Fanta Orange (500ml) .....            | 8.5 teaspoons*   | 8.5  |
| Dr Pepper (500ml) .....               | 9 teaspoons*     | 9    |
| Banana Frijj Milkshake (471 ml) ..... | 11 teaspoons*    | 11   |
| Ribena Blackcurrant (500ml) .....     | 12.5 teaspoons * | 12.5 |
| Coca - Cola (500ml) .....             | 13.5 teaspoons*  | 13.5 |
| Monster Energy (500ml) .....          | 14 teaspoons*    | 14   |

\*Number of teaspoons is approximate

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## Bath & North East Somerset