

# SUGAR SMART

Bath & North East Somerset

Knowing where sugar is added to food and drink can help you be Sugar Smart




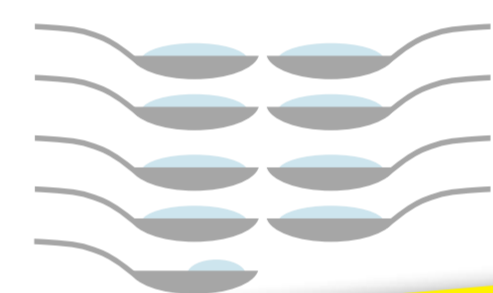



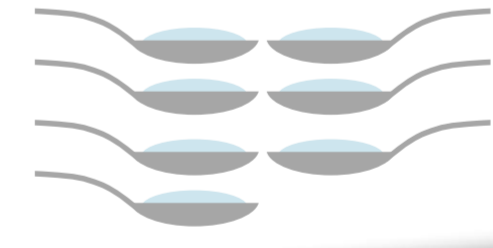



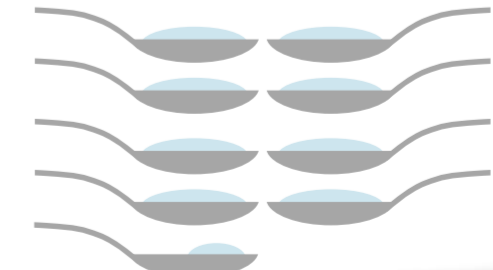


The recommended maximum daily amounts of added sugar are:

1-2 years	3-4 years	4-6 years	7-10 years	11+ years
<b>x3*</b> teaspoons	<b>x4*</b> teaspoons	<b>x5*</b> teaspoons	<b>x6</b> teaspoons	<b>x7.5</b> teaspoons
(11 grams)	(15 grams)	(19 grams)	(24 grams)	(30 grams)

\* Number of teaspoons is approximate. 1 rounded teaspoon = 4g sugar

Sugar can easily add up across the day:

 <b>30g serving (without milk)</b> 1 1/2* teaspoons	+	 <b>30g serving</b> 2* teaspoons	+	 <b>200ml serving</b> 5 teaspoons	=	<div style="border: 1px solid orange; padding: 5px;"> <p><b>8 1/2*</b> teaspoons across the day</p>  </div> <p><b>Nearly three times more than the recommended amount for a 1-2 year old</b></p>
 <b>30g serving (without milk)</b> 2* teaspoons	+	 <b>21g bag</b> 3* teaspoons	+	 <b>200g meal</b> 2* teaspoons	=	<div style="border: 1px solid orange; padding: 5px;"> <p><b>7*</b> teaspoons across the day</p>  </div> <p><b>About the same as recommended for 11+ years!</b></p>
 <b>1/2 can 207.5g</b> 2 1/2* teaspoons	+	 <b>30g bag</b> 4* teaspoons	+	 <b>47g (2 pots)</b> 2* teaspoons	=	<div style="border: 1px solid orange; padding: 5px;"> <p><b>8 1/2*</b> teaspoons across the day</p>  </div> <p><b>Twice as much as recommended for a 3-4 year old</b></p>