

# 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:

**30g serving (without milk)**  
1 1/2\* teaspoons

**3 cakes**  
5\* teaspoons

**200ml serving**  
5 teaspoons

**11 1/2\* teaspoons across the day**

A 4-6 year old is recommended to have no more than 5 teaspoons a day!

**30g serving (without milk)**  
2\* teaspoons

**135g pot**  
6\* teaspoons

**15g serving**  
1\* teaspoon

**9\* teaspoons across the day**

That's more than recommended for someone aged 11+ years!

**1/2 can 207.5g**  
2 1/2\* teaspoons

**21g bag**  
3\* teaspoons

**250ml**  
6\* teaspoons

**11 1/2\* teaspoons across the day**

Almost double the amount recommended for a 7 - 10 year old