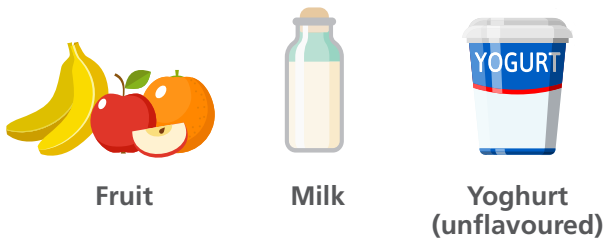


Get sugar savvy Read the label

Natural sugar

- Natural sugar refers to the sugars that are naturally found in whole, unprocessed foods and drinks.
- It may also be called intrinsic sugar.

Examples:



Added sugar

- Added sugar is sugar added to foods and drinks during processing, cooking and before eating or drinking.

Examples:



Nutrition Information	
Serves per packing: 1	Serve size: 250ml
Energy	417.5kJ
Protein	1.5g
Fat, total	2g
- Saturated	0g
Carbohydrates	22.25g
- Sugars	20.5g

Limit your **added sugar** consumption to 6 teaspoons (24 grams) or less, per day.

One serve contains 20 grams / 5 teaspoons of sugar

Natural vs added sugar. Can they affect my teeth the same?

Yes. However, fruit and milk that are made up of small amounts of natural sugars also include fibre, vitamins and minerals that are good for the body. Milk also includes calcium, which can help to protect the teeth and bones.

Did you know, if you drink fruit juice, the recommended serving size is 125ml of 100% fruit juice? Eating whole fruits and drinking water is a better choice for healthy teeth.



BEWARE:
Products that claim 'no added sugar' can still have a lot of sugar.

