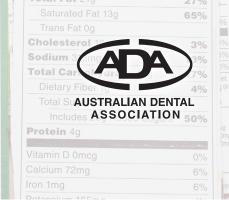


Cholesterol 30mg	10%
Sodium 780mg	33%
<b>Total Carbohydrate</b> 38g	12%
	8%
Protein 14g	

10%	Polyunsaturated Fat 5g	
38g <b>12</b> %		
8%		22
	Potassium 170mg	
	Total Carbohydrate 26g	
20%	Dietary Fiber 1g Sugars 3g	
	Protein 10g	
	Totali Tag	



Get su	ugar	savv
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:**





Milk



Yoghurt (unflavoured)

## Added sugar

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

9%

9%





Brown sugar

Coconut sugar

Examples:







Rice Malt syrup



Sucrose (white sugar)



	<b>Nutrition Information</b>	
	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.







For more information, scan the QR code or go to teeth.org.au/sugar



teeth.org.au

@teeth.org.au