

Get sugar savvy Sugar maths

Hidden sugars in everyday foods can cause the amount of sugar you have each day to add up quickly...

Did you know:

A glass of juice and bowl of cereal for breakfast can equal 6 or more teaspoons of sugar!







Fruit juice

Breakfast cereal

Sugar in coffee

Energy180kj900 kProtein0.4g2 cFat, total0.01g0.06 c- Saturated0.004g0.2 cCarbohydrates12g60 c- Sugars10g55 cSodium200 mg1000 mcSugar, Tomato Puree, Water, Thickener, Salt Food Acids, Maltodextrin, Molasses	Nutrition Information		
Energy180kj900 kProtein0.4g2 cFat, total0.01g0.06 c- Saturated0.004g0.2 cCarbohydrates12g60 c- Sugars10g55 cSodium200 mg1000 mcSugar, Tomato Puree, Water, Thickener, Salt Food Acids, Maltodextrin, Molasses		1	
Protein0.4g2Fat, total0.01g0.06- Saturated0.004g0.2Carbohydrates12g60- Sugars10g55Sodium200 mg1000 mgIngredientsSugar, Tomato Puree, Water, Thickener, Sater		Quantity per serving	Quantity per 100g
Fat, total0.01g0.06- Saturated0.004g0.2Carbohydrates12g60- Sugars10g55Sodium200 mg1000 mgIngredientsSugar, Tomato Puree, Water, Thickener, Sater Food Acids, Maltodextrin, Molasses	Energy	180kj	900 kJ
- Saturated 0.004g 0.2 Carbohydrates 12g 60 Carbohydrates 12g 60 Carbohydrates 10g 55 Carbohy	Protein	0.4g	2 g
Carbohydrates12g60- Sugars10g55Sodium200 mg1000 mgIngredientsSugar, Tomato Puree, Water, Thickener, Salt Food Acids, Maltodextrin, Molasses	Fat, total	0.01g	0.06 g
- Sugars 10g 55 Sodium 200 mg 1000 m Sugar, Tomato Puree, Water, Thickener, Salt Food Acids, Maltodextrin, Molasses	- Saturated	0.004g	0.2 g
Sodium 200 mg 1000 mg Sugar, Tomato Puree, Water, Thickener, Sala Ingredients Food Acids, Maltodextrin, Molasses	Carbohydrates	12g	60 g
Sugar, Tomato Puree, Water, Thickener, Salt Ingredients Food Acids, Maltodextrin, Molasses	- Sugars	10g	55 g
Ingredients Food Acids, Maltodextrin, Molasses	Sodium	200 mg	1000 mg
	Ingredients	Sugar, Tomato Puree, Water, Thickener, Salt, Food Acids, Maltodextrin, Molasses, Natural Flavours, Spices, Vegetable Gum	

How to find added sugar:

Most labels do not point out the added sugars. To identify any added sugars, look at the list of ingredients.

In this example, sugar, maltodextrin and molasses are names that represent sugar. The nearer the ingredient is to the top of the list, the more present in the food or drink. In this item, sugar is the number one ingredient.





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1 teaspoon sugar = 4 grams sugar



Recommended daily sugar limit = 6 teaspoons or 24 grams

How to know if you should look for a healthier alternative?

Look at the amount of sugar per 100 grams. If the number is greater than 15 grams, consider finding a different item with less sugar.

Ideally look for foods and drinks with less than 5 grams per 100 grams of sugar, but less than 10 grams is acceptable.

How to calculate the number of teaspoons of sugar:

Divide the grams of sugar by 4. Each teaspoon of sugar equals 4 grams.

Example. There is 10 grams of sugar present per serve.

10 grams per serve

= 2.5 teaspoons of sugar 4 grams per teaspoon

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

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