

Get sugar savvy

Understanding sugar

Nutrition Information		
Servings per package: 3 Serving size: 150g		
	Quantity per serving	Quantity per 100g
Energy	608 kJ	405 kJ
Protein	4.2 g	2.8 g
Fat, total	7.4 g	4.9 g
- saturated	4.5 g	3.0 g
Carbohydrate, total	18.6 g	12.4 g
- sugars	18.6 g	12.4 g
Sodium	90 mg	60 mg
Ingredients:	Whole milk, concentrated skim milk, sugar, banana (8%), strawberry (6%), grape (4%), peach (2%), pineapple (2%), gelatine, culture, thickener (1442)	
All quantities above are averages		

Quantity of nutrient per serving

Serving sizes differ between products. Not a good reference when comparing products.

Use this column when comparing products

Sugar per serve

In this product there are three serves and each contains 18.6 grams (g) of sugar

How much sugar to look for:

- 15g or less → okay
- 10g or less → better
- 5g or less → best

Where does sugar sit in the list?

The closer to the top of the list of ingredients, the more sugar present.

1 teaspoon
sugar =
4 grams
sugar



Comparing products

- Use the 'per 100 g' column. This allows you to compare 'apples with apples.'
- Aim for less than 10 grams of sugar per 100 grams, but less than 5 grams is best.

Dont forget

- Brush with a fluoride toothpaste.
- Clean between your teeth with floss or interdental brushes.
- See a dentist regularly to maintain good oral health.

Daily sugar consumption

Limit added sugar intake to 6 or less teaspoons per day. This equals 24 grams of added sugar or less.

