

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

**1 teaspoon
sugar =
4 grams
sugar**



**Recommended
daily sugar limit =
6 teaspoons or 24 grams**

Nutrition Information		
Serves per packing: 1		
Serve size: 250ml		
	Quantity per serving	Quantity per 100g
Energy	180kj	900 kJ
Protein	0.4g	2 g
Fat, total	0.01g	0.06 g
- Saturated	0.004g	0.2 g
Carbohydrates	12g	60 g
- Sugars	10g	55 g
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.

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.

$$\frac{10 \text{ grams per serve}}{4 \text{ grams per teaspoon}} = 2.5 \text{ teaspoons of sugar}$$

