

## Sugar Content Guide

PRODUCT	AMOUNT OF PRODUCT	TEASPOONS OF SUGAR
<b>BISCUITS</b>		
Chocolate Biscuits	2 Biscuits	1 ½
Chocolate Digestives	1 Biscuit	1 ½
Cream Crackers	1 Biscuit	Trace
Custard Cream	2 Biscuits	1 ½
Ginger Nuts	2 Biscuits	1 ½
Jaffa Cakes	1 Biscuit	1 ½
Rich Tea Biscuits	1 Biscuit	½
Ritz	5 Biscuits	¼
Shortcake	2 Biscuits	1
Wheatmeal Biscuits	1 Small Biscuit	½
<b>CONFECTIONERY</b>		
Aero	1 Bar	3 ½
Boiled sweets	1 Packet	24
Bournville	2 Pieces	3 ¾
Bubble gum	1 Packet	6 ½
Milk Chocolate	1 Small Bar	8
Plain Chocolate	1 Small Bar	3 ½
Crunchie	1 Small Bar	6
Dolly Mixtures	1 Packet	6
Double Decker	1 Bar	20 ½
Drifter	1 Bar	6
Fruit Gums	1 Tube	6 ½
Fruit Pastilles	1 Tube	3
Galaxy	1 Bar	6 ¼
Kit Kat	1 Bar	3 ¼
Liquorice allsorts	1 Small Box	3 ¼
Lion Bar	1 Bar	17 ¾
Maltesers	1 Packet	5 ½
Mars	1 Bar	2 ½
Milky Way	1 Bar	5
Picnic	1 Bar	1 ½
Polo Mints	1 Tube	5
Rolos	1 Tube	5 ½
Smarties	1 Tube	4 ¼
Snickers	1 Bar	3 ½
Toffees	1 4oz Bag	20
Topic	1 Bar	3 ¾
Twix	1 Bar	3 ½
Turkish Delight	1 Bar	7 ¼
Yorkie	1 Bar	5 ¾
<b>SOFT DRINKS</b>		
Blackcurrant cordial	1 Glass	5
Coca Cola	1 Can	7
Ginger Beer	1 Can	7
Lemonade	1 Glass	3 ½
Lucozade	1 Glass	7 ¼
Orange Squash	1 Glass	2 ½
Ribena	1 Glass	5
Slush Puppy	1 Small cup	6 ¼
Tizer	1 Glass	4 ¼
Tonic Water	1 Medium bottle	4

	<b>SPREADS</b>	
Chocolate	2 Teaspoons	2 ¼
Honey	2 Teaspoons	2 ¼
Jam	2 Teaspoons	2
Lemon Curd	2 Teaspoons	2
Marmalade	2 Teaspoons	2 ¼
Mincemeat	2 Teaspoons	3
Peanut Butter	3 Teaspoons	¼
Golden Syrup	2 Teaspoons	2 ¼
	<b>BEVERAGES</b>	
Bournvita	3 Teaspoons	2
Camp Coffee	3 Teaspoons	1
Drinking Chocolate	3 Teaspoons	2 ½
Horlicks	3 Teaspoons	1
Ovaltine	3 Teaspoons	1
	<b>SAUCES PICKLES ETC.</b>	
Brown sauce	3 Teaspoons	¼
Salad Cream	3 Teaspoons	½
Sweet Pickle	3 Teaspoons	¼
Sweet Piccalilli	3 Teaspoons	½
Tomato Ketchup	3 Teaspoons	¼
	<b>TINNED VEGETABLES</b>	
Baked Beans	½ Medium Tin	2
Butter Beans	1 Small Tin	Small Trace
Kidney Beans	1 Small Tin	½
Peas	1 Small Tin	½
Sweetcorn	½ Medium Tin	1 ½
	<b>BREAKFAST CEREALS</b>	
All Bran	1 Small Bowl	1
Branflakes	6 Tablespoons	¾
Corn flakes	6 Tablespoons	¼
Muesli	2 Tablespoons	1 ½
Puffed Wheat	6 Tablespoons	Trace
Rice Krispies	6 Tablespoons	¼
Shredded Wheat	1 Biscuit	Trace
Shreddies	2 Tablespoons	½
Special K	6 Tablespoons	¼
Sugar Puffs	6 Tablespoons	2 ¼
Weetabix	1 Biscuit	Trace
	<b>CAKES</b>	
Chocolate Cake	1 Medium Slice	1 ¼
Lemon Meringue Pie	1 Medium Slice	3 ¼
Madeira Cake	1 Slice	4
Scone	1 Scone	½
Sponge Cake	1 Medium Slice	1 ½
Swiss Roll	1 Slice	4
	<b>DESSERTS</b>	
Angel Delight	1 Packet	7 ¼
Fruit Yoghurt	1 Small Carton	4 ½
Fruit Pie Filling	1 Small Carton	2 ¼
Ice Cream	1 Small Block	8 ½
Jelly	1 Packet	18 ¼
Tinned Fruit	1 Small Tin	5
Tinned Rice Pudding	½ Tin	4
Trifle Mix	1 Packet	3 ½

**\*Guidelines in the UK suggest that added sugars should make up less than 10% of the calories you eat.**

**For woman the equivalent is 12.5 teaspoons of sugar per day.**

**For men the equivalent is 17 teaspoons of sugar per day.**

**(This is based on the average person; this will differ regarding height, weight and activity level)**

**With thanks to The Royal London Dental Hospital for this information.**