

## Examples of hidden sugars

High sugar	Suggested sugar swap - healthy alternatives
125g chocolate bar = 14 teaspoons of sugar (88g)	Funsized mini milky way has 10g of sugar. Keep as a treat.
McDonalds fruit smoothie = 13 teaspoons of sugar (52g)	No sugar added fruit squash diluted with water
Starbucks blueberry muffin sugar = 9 teaspoons of sugar (36g)	Slice of malt loaf or a scone
200g of fruit cocktail in syrup = 8 teaspoons of sugar (32g)	Select tin fruit in juice not syrup
330ml can of Coca-Cola = 7 teaspoons of sugar (28g)	No sugar added fruit squash diluted with water
250ml glass of orange juice = 6 teaspoons of sugar (24g)	Dilute with water and restrict to one serving per day
500ml of fruit flavoured water = 5.5 teaspoons of sugar (22g)	No sugar added fruit squash diluted with water
150g of fat free strawberry yogurt = 5 teaspoons sugar (20g)	Natural yogurt with fresh fruit
200g of baked beans in tomato sauce = 4 teaspoons sugar (16g)	No sugar added/low sugar
40g of Frosties or Coco Pops cereal = 3.5 teaspoons of sugar (14g)	Shredded wheat with fresh fruit
150g tomato-based tomato sauce = 3 teaspoons of sugar (13g)	No sugar/low sugar tomato sauce
Tracker chocolate chip cereal bar = 3 teaspoons of sugar (12g)	Oatcake or cracker with cheese
One packet of flavoured instant oatmeal = 3 teaspoons of sugar (12g)	Plain oatmeal with fresh fruit
2 tablespoons of tomato ketchup = 2 teaspoons sugar (8g)	No sugar added/low sugar ketchup

1 teaspoon = 4g sugar

Read the label. Look at the 'carbs as sugars' on the nutrition panel. This includes both natural and added sugars. Less than 5g per 100g is low sugar; more than 22g per 100g is high.