

# How much sugar is in the foods we eat?

# How much sugar is in the foods we drink?

## FOODS THAT ARE SUGARY AND STICKY CAN CAUSE TOOTH DECAY.

### *Yoghurt, milk, other dairy food and fruit:*

Have some sugar, but are an important part of our diet



### *Bread and crackers:*

Less than one teaspoon of sugar

### *Cereal and popcorn bars:*

2 teaspoons of sugar - Sticky!



### *Muesli bars:*

3 teaspoons of sugar - Sticky!



### *Fruit roll ups:*

5 teaspoons of sugar - Sticky!



### *'Cookie Time' cookies:*

6 teaspoons of sugar



## DRINKS THAT ARE SUGARY AND STICKY CAN CAUSE TOOTH DECAY.

### *Water:*

No sugar.



### *Flavoured milk:*

4 teaspoons sugar in a carton



### *Drink concentrate e.g. Raro and Refresh:*

4 teaspoons in a small cup



### *Fruit juice:*

6 teaspoons of sugar in a carton



### *Sports Drinks e.g. Gatorade & Powerade:*

8 teaspoons of sugar in a bottle



### *Coca cola, Lemonade, Fizzy Drinks:*

10 teaspoons of sugar in a can

