




King's College Hospital
NHS Foundation Trust

Look how many teaspoons of sugar there are in these drinks




250ml 7tsp

Seven teaspoons of sugar are shown next to the can.




750ml 5tsp

Five teaspoons of sugar are shown next to the bottle.




250ml 7tsp

Seven teaspoons of sugar are shown next to the bottle.



Large 19tsp

Nineteen teaspoons of sugar are shown next to the cup.



500ml 13tsp

Thirteen teaspoons of sugar are shown next to the bottle.

Did you know that sugar has other names?


cane sugar, honey, brown sugar, high-fructose corn syrup, fruit juice concentrate/ purées, corn syrup, fructose, sucrose, glucose, crystalline sucrose, nectars (such as blossom), maple and agave syrups, dextrose, maltose, molasses and treacle.




1L **11 tsp**



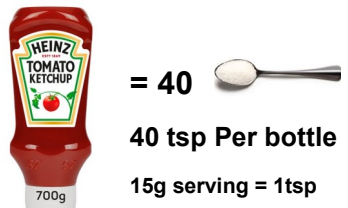
50g serving **4tsp**



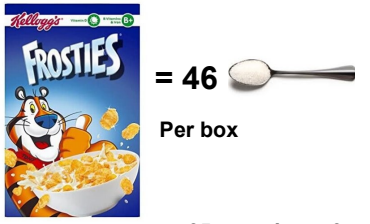
Per biscuit 1tsp



Per pot 2 tsp



40 tsp Per bottle
15g serving = 1tsp



Per box
500g **35g serving = 3tsp**

What's the maximum daily amount of sugar we can have?



4-6 years
5 sugar cubes max or 20 grams

7-10 years
6 sugar cubes max or 24 grams

From 11 years
7 sugar cubes max or 28 grams

1 = 4 grams of sugar

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