

Try these instead

better for bodies and safer for teeth



(nuts should not be given to children under 5 years of age)

Remember...
if you want a
healthy smile



- ③ Keep sugary foods and drinks to mealtimes only
- ③ Most processed food and drink contains sugar
- ③ Snacking on foods high in fat and sugar can lead to obesity
- ③ Snacking on food and drinks containing sugar can cause tooth decay

How much sugar are you having?



PREPARE TO BE **SHOCKED!...**

**The more often you have sugar
the more likely it is that
your teeth will decay**



research tells us we should have no more than **15 flat teaspoons** of sugar (that is **240 calories** or **60g**) per day

1 teaspoon
(actual size)



The maximum amount of sugar we should have in one day is equal to 15 flat teaspoons. This sounds a lot, but look at the items below and see what you think!

A recent survey shows these are typical between-meal snacks

1 can of cola + ½ bar of chocolate = 20 teaspoons of sugar
5 more than the recommended daily amount

1 cereal bar + 1 fruit drink = 8 ½ teaspoons of sugar
half the recommended daily amount

4 cups of tea with 2 spoons of sugar in each + 2 plain biscuits = 9 teaspoons of sugar
half the recommended daily amount

1 bag of marshmallows (80g) + 1 bottle of flavoured water = 19 teaspoons of sugar
4 more than the recommended daily amount

Teaspoons of sugar per item

- one iced bun = 5
- a can of cola = 9
- 1 square (6g) of chocolate = 1
- cereal bar = 2½
- 80g bag of marshmallows = 12
- fruit drink = 6
- choc ice = 2
- 40 g bag of sweets = 6
- bottle of flavoured water = 7
- cup of tea with 2 sugars = 2

keep sugar to mealtimes only