

SUGAR QUIZ

How many teaspoons of sugar do the following foods and drinks contain?
(1 teaspoon of sugar weighs 5g)

Food / Drink	Portion size	Teaspoon of sugar (1 tsp = 5g)	Grams of Sugar
Diet Coca Cola	1 can (330ml)	0	0g *
Fruit shoot H2O	1 bottle (250ml)	0	0g *
Shredded Wheat	1 bowl (45g)	<1/4	0.4g
Ribena Really Light	1 carton (250ml)	1/4	1.25g
Weetabix	2 biscuits (37.5g)	1/4	1.8g
Fruit Shoot (No Added Sugar)	1 bottle (275ml)	1/2	2.2g
Corn Flakes	1 bowl (30g)	1/2	2.4g
Baby Rusk (Reduced Sugar)	1 biscuit (17g)	3/4	3.5g
Baby Rusk	1 biscuit (17g)	1	4.9g
Plain Digestive Biscuits	2 biscuits (28g)	1	5g
Baby Soft Oaty Bar	1 bar (30g)	1 1/2	7.7g
Baby Fruit & Water	1 bottle (200ml)	1 1/2	8g
Frosties cereal bar	1 bar (25g)	1 1/2	8g
Baby Food: Egg Custard & Rice	1 jar (128g)	1 3/4	8.8g
Baby Fruit Bar	1 bar (15g)	1 3/4	9.1g
Baby Fruit Cordial	200ml (made up)	2	9.8g
Chocolate Digestive Biscuits	2 biscuits (35g)	2	10.3g
Kheer	Uncooked portion	2 1/4	11g
Frosties	1 bowl (30g)	2 1/4	11.1g
Actimel	1 bottle (100ml)	2 1/4	11.4g
Baby Fruit Puree	1 pot (100g)	2 1/4	11.4g
Nutrigrain	1 bar (37g)	2 1/4	11.8g
Supermalt	1 can (330ml)	3	15g
Baby Food: Fruit Crumble	1 jar (125g)	3	15.6g
Kit Kat chunky	1 bar (50g)	5	25.8g
Muller Fruit Corner Yoghurt	1 pot (175g)	5 1/4	25.9g
Ribena	1 carton (250ml)	5 1/4	26g
Red Bull	1 can (250ml)	5 1/2	27.5g
Flavoured Water	1 bottle (500ml)	5 1/2	27.5g
Fruit Shoot	1 bottle (275ml)	6	30.5g
Capri-Sun	1 pouch (330ml)	7	34.7g
Coca Cola	1 can (330ml)	7	35.3g
Mars bar	1 standard bar (58g)	8 1/4	41g
Lucozade	1 bottle (500ml)	8 3/4	43.6g
Yazoo	1 bottle (500ml)	9 3/4	48g
Nurishment	1 can (420ml)	12 1/4	61.3g
Haribo	1 large bag (200g)	25 1/4	126.8g
Condensed Milk	1 can (397g)	44	219g

* Replaced Sugar with Sweeteners which produce Acid.
Acid will cause erosion of the teeth.

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