

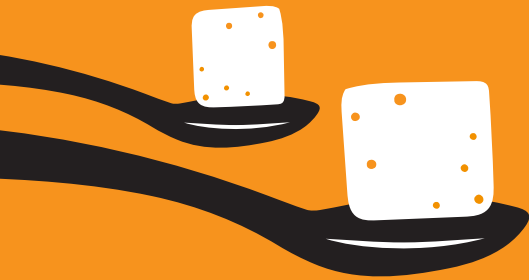
# LATEST SUGAR GUIDANCE RECOMMENDS LESS THAN

# 5%

## OF YOUR DAILY CALORIES SHOULD COME FROM **ADDED SUGARS\***

### BUT WHAT DOES THAT ACTUALLY MEAN FOR **YOU?**

— BE —  
**PORTION  
SIZE**  
— WISE —



## SUGAR... BY ANY OTHER NAME

Even if we don't see the word **SUGAR** listed in the ingredients, it's often there, but under a different name.

Look for any of the following words, which indicate that **SUGAR** has been added.



A MAXIMUM OF

# 30g

**AGED 11 +**



equivalent to **six** teaspoons at five grams per teaspoon



A MAXIMUM OF

# 24g

**7-10 YEARS**



equivalent to **five** teaspoons at five grams per teaspoon



A MAXIMUM OF

# 19g

**2-6 YEARS**



equivalent to **four** teaspoons at five grams per teaspoon

## WHAT DOES **ADDED** SUGAR MEAN?

“Added or “free” sugar means all the different types of sugar in our diet, except for those found naturally in fruit and vegetables, milk and milk products. Most added sugar\* comes from sugar added to food and drink by manufacturers.

### THE MAIN PLACES YOU'LL FIND ADDED SUGARS ARE...



\* Added sugar is also referred to as free sugar in some guidance.