

Oral Health and Nutrition

Understanding sugar

This differs between products

It is not a good reference when comparing products

Sugar per serve

In this product there are three serves, each containing 18.6 grams (g) of sugar

Where does sugar sit in the list?

The closer to the top, the more sugar present in the food or drink

Nutrition Information		
Serving size: 150 g		
	Quantity per serving	Quantity per 100 g
Energy	608 kJ	405 kJ
Protein	4.2 g	2.8 g
Fat, total	7.4 g	4.9 g
- saturated	4.5 g	3.0 g
Carbohydrate, total	18.6 g	12.4 g
- sugars	18.6 g	12.4 g
Sodium	90 mg	60 mg
Ingredients:	Whole milk, concentrated skim milk, sugar, banana (8%), strawberry (6%), grape (4%), peach (2%), pineapple (2%), gelatine, culture, thickener (1442)	
All quantities above are averages		

Use this column when comparing products

Aim for less than 10 grams (g) of sugar per 100 grams (g)

Daily sugar consumption

Consume less than 5% of the daily total energy intake to decrease your risk of tooth decay and obesity

- For the average, healthy adult, this equals approximately 24 grams or 6 teaspoons of sugar
- 1 teaspoon sugar = 4 grams sugar

Comparing products

Use the 'per 100 g' column. This allows you to compare "apples with apples".

- Aim for less than 10 grams of sugar per 100 grams. If the food contains fruit, allow up to 20 grams per 100 grams.
- Foods claiming 'no added sugar,' often contain a higher level of natural sugar.



Don't forget

- Brush twice daily with fluoride containing toothpaste
- Clean between your teeth daily with floss or interdental brushes
- See a dentist regularly to maintain good oral health!

