

## **EVERY DAY FOODS** **SUGAR CONTENTS**

Product	Amount	Sugar per Portion in Teaspoons
---------	--------	--------------------------------

### **Breakfast Cereals :-**

<b>Alpen</b>	3 tablespoons ( 60g)	4 <sup>3</sup> / <sub>4</sub>
<b>Honey-Nut</b>	3 tablespoons (24g)	3
<b>Sugar Puffs</b>	3 tablespoons (18g)	2 <sup>1</sup> / <sub>2</sub>
<b>Co-Co Pops</b>	3 tablespoons (12g)	1 <sup>1</sup> / <sub>2</sub>
<b>Fruit &amp; Fibre</b>	3 tablespoons (30g)	1 <sup>1</sup> / <sub>2</sub>
<b>Rice Crispies</b>	3 tablespoons (12g)	Trace
<b>Porridge</b>	3 tablespoons (160g)	Trace
<b>Shredded Wheat</b>	2 biscuits (44g)	Trace
<b>Cornflakes</b>	3 tablespoons (18g)	Trace

### **Yoghurts & Desserts :-**

<b>Instant Custard</b>	per sachet (serves 4)	9 <sup>3</sup> / <sub>4</sub>
	one serving	2 <sup>1</sup> / <sub>4</sub>
<b>Angel Delight</b>	per carton (serves 4)	6 <sup>3</sup> / <sub>4</sub>
(Banana)	per serving	1 <sup>3</sup> / <sub>4</sub>
<b>Fruit Corner –</b>		
<i>Banana &amp; Choc flakes</i>	per pot ( 125g)	5 <sup>1</sup> / <sub>2</sub>
<b>Fromage Frais –</b>		
<i>Petit filous</i>	per pot (125g)	3 <sup>3</sup> / <sub>4</sub>
<b>Danone Shape</b>	per pot (125g)	3
<b>Tinned Rice Pudding</b>	½ medium tin	2 <sup>1</sup> / <sub>2</sub>
<b>Muller Light –</b>		
<i>Raspberry &amp; Cranberry</i>	per pot (125g)	1 <sup>3</sup> / <sub>4</sub>
<b>Ski –</b>		
<i>Tropical</i>	per pot (125g)	½

## **Lunch Favourites :-**

### **Cream Crackers –**

Morrison's Better for you per cracker Trace

### **Rivitas –**

Dark Rye per slice Trace

### **Bread –**

Morrison's med sliced per slice  $\frac{1}{2}$

### **Ritz –**

plain per cracker Trace

**Peanut butter (smooth)** 2 teaspoons Trace

**Jam (various)** 2 teaspoons  $2\frac{1}{4}$

**Dairy-lea spreads** 2 teaspoons Trace

**Chocolate Spread** 2 teaspoons  $1\frac{1}{2}$

### **Cheese**

(assortment) 4oz/100mg Trace

### **Baked beans –**

Heinz  $\frac{1}{2}$  med tin  $2\frac{1}{2}$

Morrison's Better for you  $\frac{1}{2}$  med tin  $2\frac{1}{2}$

### **Pasta shapes –**

Bob the Builder  $\frac{1}{2}$  med tin 2

Tweenies  $\frac{1}{2}$  med tin  $1\frac{1}{2}$

### **Soups –**

Tomato  $\frac{1}{2}$  med tin 1

Chicken  $\frac{1}{2}$  med tin  $\frac{1}{2}$

### **Pot Noodle-**

Chicken & Mushroom per pot  $\frac{3}{4}$

### **Ready-made meals**

### **Weight-watchers-**

Mexican Chilli per meal  $1\frac{1}{2}$

Lasagne per meal  $1\frac{3}{4}$

### **Morrison's –**

Beef cannelloni per meal 1

### **Findus –**

Tagliatelli Carbonari per meal  $1\frac{1}{4}$

## **Biscuits / Cakes / Confectionary**

### **Chocolate digestive -**

*Morrison's* per biscuit 1

*Morrison's Better for You* per biscuit 1

**Penguin biscuit** per biscuit 2

**Chocolate Chip** per biscuit 1 ½

**Plain digestive** per biscuit ½

**Rich Tea** per biscuit Trace

**Malted milk** per biscuit Trace

**Ginger** per biscuit ¾

### **Go ahead -**

*Apple & Sultana* per bar 3

*Caramel Crisp* per bar 2

### **Weight-watchers -**

*Cranberry & Orange* 2 ½

*Cookies* per cookie ¾

### **AM cereal bar -**

*Raisin & nut* per bar 2 ½

**Dolly Mixtures** one small packet (42g) 9

**Mars** one bar 8

**Turkish Delight** one bar 7

**Crunchie** one bar 6

**Liquorice Allsorts** one small packet (42g) 5

*Natural* small bottle (250ml) 3 ½

*No added sugar* small bottle (200ml) ½

*Pure orange* ½ pint (250ml) 2

*Pure pineapple* ½ pint (250ml) 2

## Fizzy pops / Cordials / Pure fruit juices :-

### **Coca-cola -**

Normal	per can	8
Diet	per can	Trace

### **Lemonade -**

Normal	per can	4 ½
Diet	per can	Trace

### **Fruit-shoot –**

apple & blackcurrant no added sugar	small bottle (200ml)	Trace
--	----------------------	-------

### **Winnie Pooh**

Roo Juice	per carton (125ml)	1 ½
-----------	--------------------	-----

### **Hipp Organic**

mixed fruit juice	per carton (125ml)	2
-------------------	--------------------	---

### **Orange cordial -**

Robinson's High Juice	½ pint/250ml diluted 1 part to 10 water	2 ½
-----------------------	--	-----

Morrison's no added sugar	½ pint/250ml diluted 1 part to 10 water	Trace
------------------------------	--	-------

### **Blackcurrant cordial -**

Normal	½ pint/250ml diluted 1 part to 10 water	1
No added sugar	½ pint/250ml diluted 1 part to 10 water	Trace

### **Sunny D (Florida) -**

Normal	small bottle (200ml)	3 ½
--------	----------------------	-----

No added sugar	small bottle (200ml)	½
----------------	----------------------	---

Pure orange	½ pint/250ml	2
-------------	--------------	---

Pure pineapple	½ pint/250mi	2
----------------	--------------	---

## **Important notes :-**

### **Low fat foods and drinks :-**

Often low fat foods will be low in fat but can be high in sugar, therefore care should be taken as these can still be high in calories.

Labels with 'no added sugar' means just that. Natural sugars can still be present.

Always try to have five portions of fruit and vegetables a day.

One glass of pure fruit juice equals one portion of fruit.

### **Oral Health Message :-**

**Keep sugary foods & drinks to meal-times only.**