

LATEST SUGAR GUIDANCE **RECOMMENDS** LESS THAN

5%

Live Life
BETTER
DERBYSHIRE

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

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

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.

GLUCOSE

SUCROSE

CORN
SYRUP

MALTOSE

HONEY

MAPLE
SYRUP

MOLASSES

HYDROLYSED
STARCH

TREACLE

GLUCOSE
SYRUP

AGAVE
NECTAR

COCONUT
PALM
SUGAR



A MAXIMUM OF

30_g

AGED 11 +



A MAXIMUM OF

24_g

7-10 YEARS



A MAXIMUM OF

19_g

2-6 YEARS



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



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



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...

FIZZY DRINKS



CEREAL



CHOCOLATE



SWEETS



FRUIT JUICE



SUGAR AT THE TABLE



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