

How much sugar and fat is in our food?

When you're busy it can be easy to reach for packaged foods and drinks. But you may be surprised to learn just how much sugar or fats are in your favourite foods.

Here's a general guide to common foods – and how many teaspoons or sugar or fat are in them. You may be surprised!

Wherever possible aim to choose healthier food options.

SUGAR

- Low sugar breakfast cereal and yoghurt have less than 15g sugar per 100g
- · Avoid drinks with more than 2.5g carbohydrate per 100g
- · Choose other foods with less than 10g sugar per 100g

APPROXIMATELY Reaspoons of sugar 40g

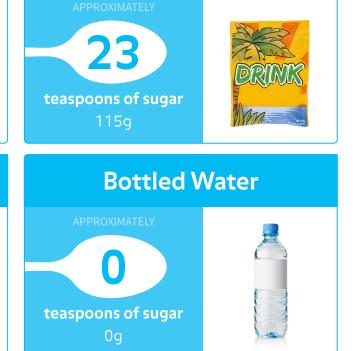






Sports Drink per 750ml teaspoons of sugar 75q

Energy Drink per 255ml



Sachet Drink per 1 litre



teaspoons of fat

teaspoons of sugar

- Choose foods with less than 2g saturated fat per 100g
- Low fat yoghurt has less than 2g total fat per 100g
- Low fat milk has less than 1g total fat per 100g
- As a general guide, choose other foods withless than 10g total fat per 100g



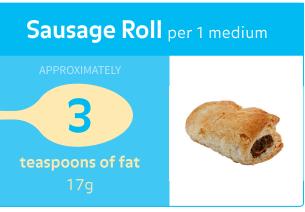


















Data courtesy of Diabetes Project Trust

Diabetes New Zealand is a leading national organisation and registered charity. Our aim is to support all people affected by diabetes to live well through: Providing information and support to help people take charge of their health • Acting as an advocate and representing all people with, or at risk of developing, diabetes • Raising awareness of diabetes, especially around lifestyle factors that can help prevent or delay type 2 and help manage and control type 1 and type 2.

