

## 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 of 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

#### Fizzy Drink per 355ml

APPROXIMATELY

8

teaspoons of sugar  
40g



#### Flavoured Milk per 250ml

APPROXIMATELY

7.5

teaspoons of sugar  
38g



#### Diet Fizzy per 355ml

APPROXIMATELY

0

teaspoons of sugar  
0g



#### Fruit Juice per 250ml

APPROXIMATELY

6

teaspoons of sugar  
30g



## Sports Drink per 750ml

APPROXIMATELY

15

teaspoons of sugar  
75g



## Sachet Drink per 1 litre

APPROXIMATELY

23

teaspoons of sugar  
115g



## Energy Drink per 255ml

APPROXIMATELY

5

teaspoons of sugar  
24g



## Bottled Water

APPROXIMATELY

0

teaspoons of sugar  
0g



## FAT

- 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 with less than 10g total fat per 100g

## Coconut Cream per 1 cup

APPROXIMATELY

8

teaspoons of fat  
40g



## Fried Rice per 2 cups

APPROXIMATELY

3

teaspoons of fat  
15g



## Hamburger per burger

APPROXIMATELY

6

teaspoons of fat  
32g



## Hot Chips per medium fries

APPROXIMATELY

4

teaspoons of fat  
19g



## Fried Chicken per 3 wings

APPROXIMATELY

5

teaspoons of fat  
23g



## Fried Fish per 2 pieces

APPROXIMATELY

12

teaspoons of fat  
60g



## Corned Beef per 340g can

APPROXIMATELY

18

teaspoons of fat  
92g



## Sausage Roll per 1 medium

APPROXIMATELY

3

teaspoons of fat  
17g



## Potato Chips per 150g bag

APPROXIMATELY

10

teaspoons of fat  
50g



## Meat Pie per 170g pie

APPROXIMATELY

6

teaspoons of fat  
32g



*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.

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