

# Oral Health and Nutrition

## Understanding sugar



### The number of serves per package

This differs between products. 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

Nutrition Information		
<b>Servings per package: 3</b>		
Serving size: 150g		
	Quantity per serving	Quantity per 100g
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
<b>Carbohydrate, total</b>	<b>18.6 g</b>	<b>12.4 g</b>
- 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

## Daily sugar consumption

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

- In the average, healthy adult, this equals approximately 24 grams or 6 teaspoons 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 with a fluoride toothpaste
- Clean between your teeth with floss or interdental brushes
- See a dentist regularly to maintain good oral health!

