

Maximum daily amounts of Free Sugar

Age Teaspoons

2



3



4-6



7-10



11+



Free Sugars are sugars added to food during production, cooking or by yourself. They have little, if any nutritional benefit.



Natural Sugars are found in nutritious foods we should eat more of such as fruit, vegetables and milk

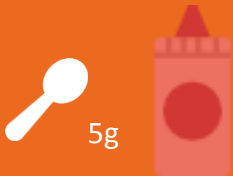
In the UK

Children and teenagers consume **3X** the recommended daily intake and **adults 2x** the recommended daily intake of Free Sugar

SUGAR SMART

Hackney

Amount of Free Sugar in everyday foods



1 teaspoon of ketchup = 1 teaspoon sugar



1 Can of Tomato Soup = 5 teaspoons sugar



1 Can Cola = 9 teaspoons sugar



1 Pot of Low-fat fruit Yoghurt = 9 teaspoons sugar

Where do children get their Free Sugar from?

The average person in Britain consumes **700g** of sugar a week = **175 cubes!**

SUGAR SMART
Hackney



30% soft drinks and fruit juice



29% cakes, biscuits and cereals



22% sweets, chocolate, jam



12% yoghurts and ice-cream



Download the free **Change4Life Sugar Smart app** to scan barcodes in your local shop and see how much sugar is in your food!

Consuming too much Free Sugar can lead to...



Obesity

In England 27% of adults and 20% of children aged 11-12 are obese



Tooth Decay

In the UK 33% of adults and 25% of children suffer from tooth decay



Type 2 Diabetes

In the UK 3.5 million people have Diabetes, 90% of these have Type 2 Diabetes.

For more information contact: mary@hackneyfood.org.uk or visit: www.hackney.gov.uk/sugar-smart