Knowing where sugar is added to food and drink can help you be Sugar Smart

The recommended maximum daily amounts of added sugar are:

For children under 5yrs avoid sweet snack foods and only offer water or milk to drink

**4-6 years**  
30g serving (without milk)  
1 ½* teaspoons  
5* teaspoons  
200ml serving  
5* teaspoons

**7-10 years**  
3 cakes  
5* teaspoons  
135g pot  
6* teaspoons  
15g serving  
1* teaspoon

**11+ years**  
1/2 can 207.5g  
2 ½* teaspoons  
21g bag  
3* teaspoons  
250ml  
6* teaspoons

* Number of teaspoons is approximate. 1 rounded teaspoon = 4g sugar

Sugar can easily add up across the day:

- **11 ½* teaspoons across the day**
- A 4-6 year old is recommended to have no more than 5 teaspoons a day!
- **9* teaspoons across the day**
- That’s more than recommended for someone aged 11+ years!
- **11 ½* teaspoons across the day**
- Almost double the amount recommended for a 7 – 10 year old

**BRISTOL CITY COUNCIL**

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