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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>4-6 years</th>
<th>7-10 years</th>
<th>11+ years</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5x</td>
<td>6x</td>
<td>7.5x</td>
</tr>
<tr>
<td></td>
<td>(19 grams)</td>
<td>(24 grams)</td>
<td>(30 grams)</td>
</tr>
</tbody>
</table>

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

Sugar can easily add up across the day:

- **40g serving (without milk)**: 3* teaspoons
- **500ml**: 14* teaspoons
- **450g**: 8* teaspoons

That's triple the amount recommended for 11+ years!

- **1/2 pack 59g**: 10* teaspoons
- **471ml**: 11* teaspoons
- **1/2 jar 250g**: 4* teaspoons

Anyone over 11 years is recommended to have no more than 7.5 teaspoons a day

More than twice the amount recommended for 11+ years

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