

No added sugar ≠ sugar free



One serve contains
20 grams (5 teaspoons)
of sugar

Nutrition Information	
Serves per packing: 1	Serve size: 250ml
Energy	417.5kJ
Protein	1.5g
Fat, total	2g
- Saturated	0g
Carbohydrates	22.25g
- Sugars	20.5g

Beware: Products that claim 'no added sugar' can still contain a LOT of sugar.

Did you know if you drink fruit juice, the recommended serving size is 125ml of 100% fruit juice? Eating whole fruits and drinking water is a better choice for healthy teeth.

Types of sugar

Natural sugar

- Natural sugar refers to the sugar that is naturally present in whole, unprocessed foods and drinks.
- Examples:



Fruit



Milk



Yoghurt
(unflavoured)

It may also be called *intrinsic sugar*

Added sugar

- Added sugar is sugar added to foods and drinks during processing, cooking or before eating or drinking.
- Examples:



Maple
syrup



Coconut
sugar



Brown
sugar



Rice Malt
syrup



Sucrose
(white sugar)

- Limit added sugar consumption to 6 teaspoons (24 grams) or less, per day.

Natural vs added sugar. Can they affect my teeth the same?

Yes. However, foods such as fruit and milk are made up of small amounts of natural sugars as well as fibre, vitamins and minerals which are good for the body. Milk also includes calcium, which can help to protect the teeth and bones. Processed foods with large quantities of added sugar often have no or limited nutritional value.