

ARE YOU SUGAR SMART?

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|--|---|--|---|--|
| <p>500 ml</p>  <p>16 1/2 tsps 66 grams</p> | <p>500 ml</p>  <p>13 3/4 tsps 55 grams</p> | <p>376ml</p>  <p>10 3/4 tsps 43.4 grams</p> | <p>375 ml</p>  <p>10 tsps 40 grams</p> | <p>330 ml</p>  <p>10 tsps 40 grams</p> |
| <p>250 ml</p>  <p>7 tsps 27.5 grams</p> | <p>500 ml</p>  <p>6 3/4 tsps 22.6 grams</p> | <p>300 ml</p>  <p>6 3/4 tsps 26.8 grams</p> | <p>250 ml</p>  <p>6 3/4 tsps 27 grams</p> | <p>250 ml</p>  <p>6 1/2 tsps 26.25 grams</p> |
| <p>400 ml</p>  <p>6 tsps 24.2 grams</p> | <p>500 ml</p>  <p>5 3/4 tsps 23.5 grams</p> | <p>200 ml</p>  <p>4 3/4 tsps 19.2 grams</p> | <p>330 ml</p>  <p>4 tsps 16.7grams</p> | <p>330 ml</p>  <p>3 3/4 tsps 14.85 grams</p> |

Daily maximum amount of free sugars should not exceed **30g (7 1/2 tsp) - 11years + and adults**