Sugar

SACN recommend the average intake of <u>free sugars</u> should not exceed **5%** of daily dietary energy intake

This means no more than:



Babies and very young children do not need and should not have any free sugars

Reference SACN (The Scientific Advisory Committee on Nutrition)

Free sugars are added to foods by the manufacturer or consumer. They are also naturally present in honey, syrups and fruit juices.

Sugar

SACN recommend the average intake of <u>free sugars</u> should not exceed **5%** of daily dietary energy intake

This means no more than:

Og	0-2 year olds	
12g (3tsp)	2 year olds	
14g (3 1/2 tsps)	3 year olds	
19g (5 tsp)	4-6 year olds	
24g (6 tsp)	7-10 year olds	
30g (7 ½ tsp)	11years +	
	and adults	

Babies and very young children do not need and should not have any free sugars

Ref SACN (The Scientific Advisory Committee on Nutrition)

Free sugars are added to foods by the manufacturer or consumer. They are also naturally present in honey, syrups and fruit juices.

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