

Sugar

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

This means no more than:

0g	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 1/2 tsp)	11years+ and adults

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