

**It's really easy it is to give your children too much sugar
without realising it**



Ribena 288ml
(individual small carton)
Sugar content
29g sugar =
7 and 1/4 teaspoons



Small variety box 30g
Sugar content
16g sugar = 4 teaspoons



Small treat bag 20g
Sugar content
15.8g sugar =
4 teaspoons

From these 3 items alone	Total sugar	60.8g = 19 and 1/4 teaspoons
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