

# ARE YOU SUGAR SMART?



**40 tsps**

161 grams



**39 tsps**

156 grams



**35 1/4 tsps**

140.6 grams

4 sweets = 1 serving = 20g

5 tsps sugar



**29 1/2 tsps**

117.8 grams



**27 tsps**

107.92 grams



**24 1/4 tsps**

96.6 grams



**24 tsps**

96 grams



**22 1/2 tsps**

89.03 grams



**21 1/2 tsps**

85.85 grams

25g serving = 4 tsps



**20 tsps**

79.68 grams



**17 3/4 tsps**

66.9 grams



**17 3/4 tsps**

66.9 grams

Your daily maximum amount of free sugars should not exceed **30g (7 1/2 tsp)**

**11years + and adults.**

**Younger children should have much less.**

# ARE YOU SUGAR SMART?



**23 3/4 tsps**

95 grams

25g serving 11.9g = **3 tsps**



**20 tsps**

79.2 grams

25g serving 11g = **2 3/4 tsps**



**16 3/4 tsps**

66.6 grams

**8 sweets = 1 serving = 8.3g sugar**  
**2 tsps**



**10 tsps**

40.5 grams



**9 3/4 tsps**

41.3 grams

**1 sweet = 2.3g = 1/2 tsp**



**9 1/2 tsps**

37.4 grams



**8 1/4 tsps**

33 grams

**1/2 roll 17g = 4 1/4 tsps**

**1 sweet 2.5g = 3/4 tsp**



**8 1/4 tsps**

33 grams

**1/2 roll 17g = 4 1/4 tsps**

**3 mints 4.2g = 1 tsp**

**(1 serving)**



**8 1/4 tsps**

33.34 grams



**8 1/4 tsps**

26.22g grams



**8 1/4 tsps**

27.3g grams

**6 sweets 13.7g = 3 1/2 tsp**

**(1 serving)**



**8 1/4 tsps**

29.5g grams

**7 sweets 2.5g = 3 3/4 tsp**

**(1 serving)**



**8 tsps**

15 grams



**8 tsps**

30.5 grams



**5 3/4 tsps**

22.5g grams

Your daily maximum amount of free sugars should not exceed **30g (7 1/2 tsp)**

**11years + and adults. Younger children should have much less.**