

# ARE YOU SUGAR SMART?



**7 ¾ tsps**

30.54 grams



**6 ¾ tsps**

26.8 grams



**6 ½ tsps**

25.55 grams



**6 ½ tsps**

25.55 grams



**6 tsps**

24.2 grams



**6 tsps**

24.2 grams



**6 tsps**

24.2 grams



**5 ½ tsps**

21.55 grams



**5 ½ tsps**

21.55 grams



**5 ½ tsps**

21.55 grams



**5 ½ tsps**

21.55 grams



**5 ¼ tsps**

20.6 grams



**4 ¾ tsps**

19.2 grams



**4 ¾ tsps**

19.2 grams



**4 ¾ tsps**

19.2 grams



**4 ¼ tsps**

17.0 grams



**3 ¾ tsps**

15.4 grams



**3 ¾ tsps**

15.4 grams

Your daily maximum amount of free sugars should not exceed **30g (7 ½ tsp)**

**11years + and adults.**

**Younger children should have much less.**

# ARE YOU SUGAR SMART?



**23 tsps**

91.84 grams

4 segments = **4 3/4 tsps**



**16 3/4 tsps**

66.64 grams

25g portion = **3 1/2 tsps**



**14 3/4 tsps**

56.73 grams



**8 1/4 tsps**

33.0 grams



**8 tsps**

32.0 grams



**6 3/4 tsps**

26.0 grams



**6 1/2 tsps**

26.0 grams



**6 1/4 tsps**

25.0 grams



**6 tsps**

23.85 grams



**5 3/4 tsps**

22.05 grams

5 chunks = **3 1/2 tsps**



**5 1/2 tsps**

21.55 grams



**4 3/4 tsps**

19.2 grams



**4 1/4 tsps**

17.1 grams



**4 tsps**

16.5grams



**3 3/4 tsps**

15.4 grams



**3 3/4 tsps**

15.4 grams



**2 3/4 tsps**

10.6 grams

1 serving (25g) = **2 3/4 tsps**



**2 1/4 tsps**

11.4 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.**