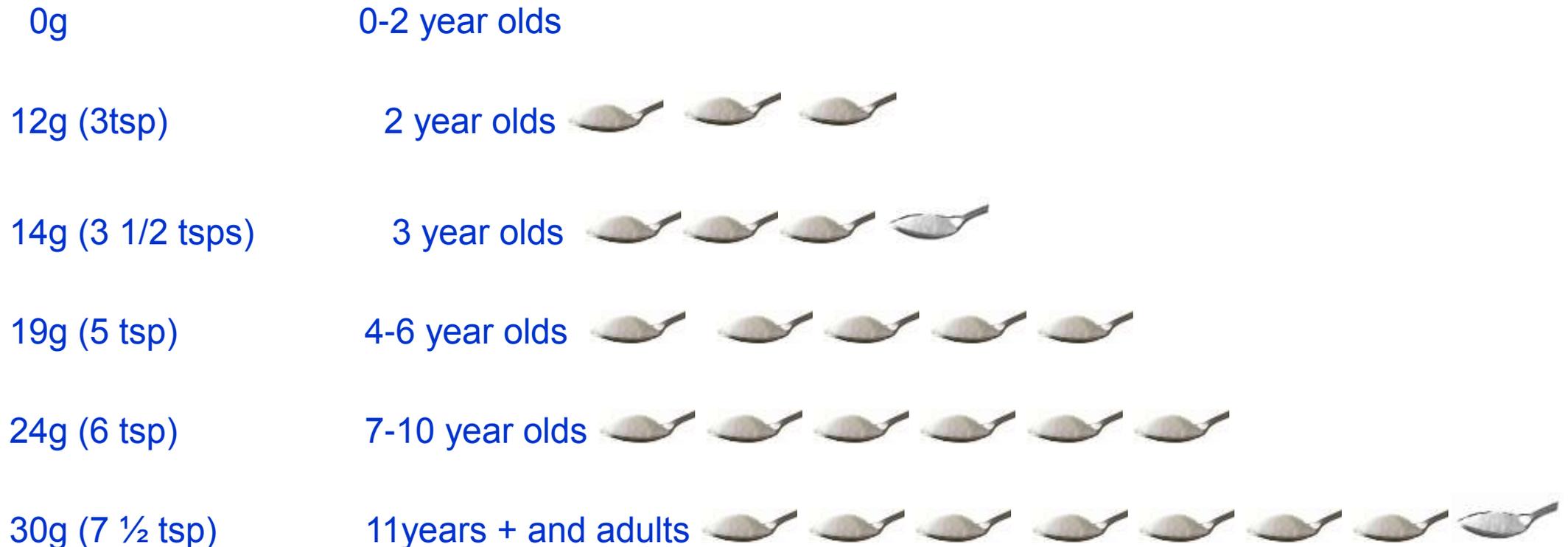


Sugar

SACN recommend the average intake of free sugars 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