

CONTROL WHAT'S IN YOUR BOWL

ONE 30g PORTION CONTAINS



Crunchy Nut cereals
1 1/2 Tbsp
19g



Frosted
1 1/2 Tbsp
19g



Coco Pops
1 1/2 Tbsp
19g



Krave
1 1/2 Tbsp
19g



Sugar Puffs
1 1/2 Tbsp
19g



Nesquik
1 1/2 Tbsp
19g



Cheerios
1 1/2 Tbsp
19g



Shredded
1 1/2 Tbsp
19g



Rice Krispies
1 1/2 Tbsp
19g



Corn Flakes
1 1/2 Tbsp
19g



Weetabix
1 1/2 Tbsp
19g



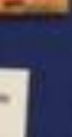
Ready Brek
1 1/2 Tbsp
19g



Shredded Wheat
1 1/2 Tbsp
19g



ZMINS
1 1/2 Tbsp
19g



Recommended amount of free

sugars per day is

4 – 6 year olds 19g =

7 – 10 year olds 24g =

11 – Adults 30g =

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Peritone Care NHS
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The average intake across the UK population of free sugars should not exceed 5% of total dietary energy intake



Free sugars = sugar added to foods and sugars naturally present in honey, syrups and unsweetened fruit juices

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

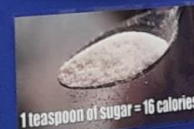
This means no more than:

19g (5 tsp)
24g (6 tsp)
30g (7 1/2 tsp)

4-6 year olds
7-10 year olds
11 years+ and adults

0g (0 tps of sugar)
Babies and very young children do not need and should not have any free sugars

Ref: The Scientific Advisory Committee on Nutrition's recommendations on sugars (SACN)



The maximum recommended amounts of sugar per day

0 - 3 year olds 0g
4-6 year olds 19g=
7-10 year olds 24g=
Adults 30g=



Oats
11g = 3 spoons



Crunchy nut
11g = 3 spoons



Coco Pops
11g = 3 spoons



Frosties
11g = 3 spoons



Sugar Puffs
11g = 3 spoons



Krave
11g = 3 spoons



Nesquik
11g = 3 spoons



Oat So Simple
11g = 3 spoons



Alpen
11g = 3 spoons



30g Krave

