

# 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

Reference SACN (The Scientific Advisory Committee on Nutrition)

**Free sugars** are added to foods by the manufacturer or consumer. They are also naturally present in honey, syrups and fruit juices.

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