

ARE YOU SUGAR SMART ?

500 ml  16 1/2 tsps 66 grams	500 ml  13 3/4 tsps 55 grams	376ml  10 3/4 tsps 43.4 grams	375 ml  10 tsps 40 grams	330 ml  10 tsps 40 grams
250 ml  7 tsps 27.5 grams	500 ml  6 3/4 tsps 22.6 grams	300 ml  6 3/4 tsps 26.8 grams	250 ml  6 3/4 tsps 27 grams	250 ml  6 1/2 tsps 26.25 grams
400 ml  6 tsps 24.2 grams	500 ml  5 3/4 tsps 23.5 grams	200 ml  4 3/4 tsps 19.2 grams	330 ml  4 tsps 16.7grams	330 ml  3 3/4 tsps 14.85 grams

Daily maximum amount of free sugars should not exceed **30g (7 1/2 tsp)** - 11years + and adults