

# Sugar

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

This means no more than:

0g	0-2 year olds	
12g (3tsp)	2 year olds	
14g (3½ tsps)	3 year olds	
19g (5 tsp)	4-6 year olds	
24g (6 tsp)	7-10 year olds	
30g (7½ tsp)	11years + and adults	

Babies and very young children do not need and should not have any free sugars