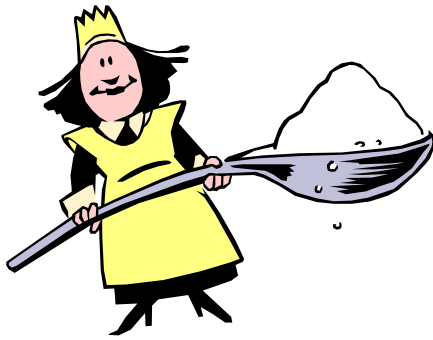


# Sugar List



1 heaped teaspoon of sugar = 5 grams approximately

Sweets	Per 100g	Per Bar/bag etc	Teaspoons
Maltesers 37g Standard Bag	53.8g	19.9g	4 tsp
Twix Standard Bar	28.6g	49.2g	10 tsp
Mars Bar 54g Standard Bar	59.5g	32.1g	6 ½ tsp
Nestle Animal Bar 76g	63.1g	47.9g	9 ½ tsp
Nestle Fruit Pastills	57.1g	30.4g	6 tsp
Jelly Babies 215g Bag	74.6g	160.4g	32 tsp
Polo Standard Tube	95.8g	32.9g	6 ½ tsp

Cereal Bars	Per 100g	Per Bar	Teaspoons
All Bran Honey & Oats 27g Bar	32g	9g	4 ½ tsp
Fruit & Fibre Bakes 40g Bar	35g	14g	3 tsp
Kellogs Squares 25g Bar	32g	9g	2 tsp
Cherry Nutri grain Oat Baked 50g Bar	33g	17g	3 tsp
Kellogs Pop Tarts Strawberry Sensation 50g Bar	32g	16g	3 tsp

Cereals	Per 100g	Per 30g Serving with 125ml milk	Teaspoons
Cornflakes	8g	8g	2 tsp
Frosties	37g	17g	3 tsp
Coco Pops	36g	17g	3 tsp
Rice Krispies	10g	9g	2 tsp

Biscuits	Per 100g	Per Biscuit	Teaspoons
Foxs Partyrings 125g	39.4g	2.7g	½ tsp
Nestle Drifter	50.3g	13.6g	3 tsp
Asda Bourbon Creams 400g	30.7g	4.3g	1 tsp
Asda Smart Price Custard Creams 400g	27.9g	3.5g	¾ tsp
Asda Choc Chip Cookies 250g	34.0g	3.9g	¾ tsp
Asda Ginger Nuts 400g	35g	3.6g	¾ tsp
Go Ahead Blackberry/apple Bakes	27.7g	9.7g	2 tsp

Yoghurt & Dessert	Per 100g	Per Pot	Teaspoons
Nestle Rolo Dessert 77g	27.6g	21.2g	4 tsp
Yoplait – Petits Filous, Fromage Frais 60g	12.5g	7.5g	1 ½ tsp
Wildlife Choobs 40g	14.9g	6g	1 tsp
Muller Little Stars Fruit Juice Jelly 75g	11.7g	8.8g	2 tsp
Muller Little Stars Fromage Frais	11.7g	7g	1 ½ tsp
Ski Super Smoothies 120g	14.6g	17.5g	3 ½ tsp
Muller Corner Health Balance Tropical Crunch 150g	14g	21g	4 tsp

Drinks	100ml	Per Drink	Teaspoons
Irn Bru 330ml	10.6g	37.7g	7 ½ tsp
Coca-cola 330ml	10.6g	35g	7 tsp
Lucozade Sport Orange 750ml	3.5g	26.3g	5 tsp
Oasis 500ml	4.2g	21g	4 tsp
Powerade 500ml	3.4g	17g	3 ½ tsp
Fruit Shoot Blackcurrent & Raspberry 200ml	12g	24g	5 tsp

Others	100g	Per Item	Teaspoons
Heinz Spaghetti & Sausages 400g tin	3.9g	15.6g	3 tsp
Heinz Baked Beans 415g Tin	5g	10.4g	2 tsp
Nestle Smarties Cones 100g	18g	18g	3 ½ tsp
Nestle Fruit Pastill Lolly 65ml	21.9g	14.2g	3 tsp