

CHILDREN'S DENTAL SERVICE

HIDDEN SUGARS  
IN YOUR FOOD



FOOD TYPE	PORTION SIZE	NO.OF TEASPOONS OF SUGAR	FOOD TYPE	PORTION SIZE	NO.OF TEASPOONS OF SUGAR
<b>BEVERAGES</b>			<b>DESSERTS</b>		
Coca Cola	1 can	7 – H	Chocolate Mousse	2 tablespoons	3 – H
Lemonade	1 glass	7 – H	Chocolate Sauce	3 tablespoons	6 – H
Lucozade	1 glass	7 – H	Fruit Pie	1 medium slice	2 – M
Fruit Squash	1 glass	2 – M	Ice Cream	1 small block	9 – H
Ribena	1 glass	6 – H	Instant Custard	1 packet	10 – H
Drinking Chocolate	3 teaspoons	2 – H	Instant Whip	1 packet	10 – H
Horlicks	3 teaspoons	2 – H	Fruit Yoghurt	1 small carton	3 – M
<b>BISCUITS</b>			Jelly	1 packet	19 - H
Chocolate Digestive	1 biscuit	2 – H	Jam Sponge	1 medium slice	5 – H
Ginger Nuts	1 biscuit	1 – H	Tinned Fruit	1 small tin	5 – H
Rich Tea	2 biscuits	1 – H	Trifle	2 tablespoons	2 – M
<b>BREAKFAST CEREAL</b>			<b>SAUCES / PICKLES etc</b>		
Bran Flakes	1 bowl	1.5 – L	Brown Sauce	3 teaspoons	1 – M
Coco Pops	1 bowl	3 – H	Sweet Pickle	3 teaspoons	1 – M
Shreddies	1 bowl	0.5 – L	Tomato Sauce	3 teaspoons	1 – M
Shredded Wheat	1 bowl	0 – L	<b>SOUPS</b>		
Sugar Frosties	1 bowl	3.5 – H	Packet Tomato	1 packet	8 – H
Sugar Puffs	1 bowl	2 – M	Packet Oxtail	1 packet	4 – H
Weetabix	1 biscuit	0.25 – L	Tinned Tomato	1 tin	2 – M
<b>CAKES</b>			Tinned Vegetable	1 tin	2 – M
Chocolate Cake	1 medium slice	2 – M	<b>SPREADS</b>		
Iced Chocolate Cake	1 medium slice	5 – H	Chocolate Spread	2 teaspoons	2 – H
Fruit Cake	1 medium slice	3 – M	Honey / Jam	2 teaspoons	2 – H
Jam Tart	1 medium slice	3 – M	Marmalade	2 teaspoons	2 – H
Madeira Cake	1 medium slice	2 – M	Mincemeat	2 teaspoons	3 – H
Sponge Sandwich	1 medium slice	4.5 – H	<b>TINNED VEGETABLES</b>		
<b>CONFECTIONARY</b>			Baked Beans	1 medium tin	4 – H
Aero	1 bar	3.5 – M	Sweet Corn	1 medium tin	4.5 – H
Boiled Sweets	100g packet	24 – H	<b>L – LOW SUGAR</b>		
Bubble Gum	1 packet	8 – H	<b>M – MEDIUM SUGAR</b>		
Chocolate – Milk	1 small bar	6.5 – H	<b>H – HIGH SUGAR</b>		
Chocolate – Plain	1 small bar	6 – H			
Dolly Mixtures	1 small box	20.5 – H			
Fruit Gums	1 tube	3 – M			
Fruit Pastilles	1 small packet	7 – H			
Liquorice Allsorts	1 small box	18 – H			
Mars	1 bar	9 – H			
Polo Mints	1 tube	5 – M			
Toffees	4oz. bag	20 – H			
Smarties	1 tube	7.5 – H			

All measurements in spoonfuls mean a rounded spoonful. One rounded spoonful of sugar weighs approximately 4 grams.