



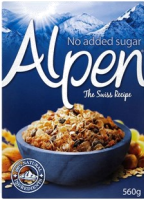




# How Much Sugar?










We all need a little bit of sugar in our diet, often we can get these from natural sugars in fruit and some vegetables, but how much is too much?

Have a look at the below perceived healthy options - do you think you know which ones have the most sugar?

Rank them in order of 1 (least amount of sugar) to 12 (most amount of sugar)

						
30g Kellogg's Bran Flakes	500ml Oasis Summer Fruit	45g Alpen Muesli	500ml Bottle of Water	42g Nature Valley Oats & Honey	300ml Tropicana Orange Juice	1 Medium Banana
Rank -	Rank -	Rank -	Rank -	Rank -	Rank -	Rank -








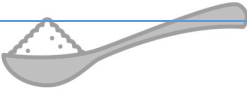
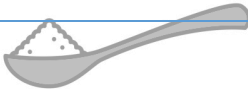
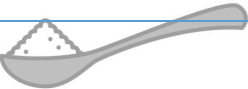

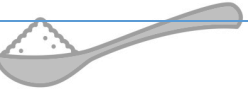
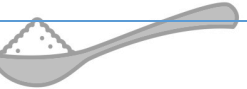
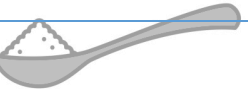







						
30g Nakd Banana Crunch	440ml Drench Juicy Spring Water	1 Large Apple	380ml Volvic Touch of Fruit Water	50g Tesco Fruit & Nut Granola	1 Cup of Grapes	23g Special K Red Berries
Rank -	Rank -	Rank -	Rank -	Rank -		

# How Much Sugar?



Here are the rankings - we have also shown how many teaspoons of sugar are in each. It is recommended to have no more than 6 teaspoons per day, from everything you eat and drink!

It is important to understand that there are different kinds of sugar and we should also consider other nutritional contents of food when choosing what to eat - make sure you check the labels.

						
30g Kellogg's Bran Flakes	500ml Oasis Summer Fruit	45g Alpen Muesli	500ml Bottle of Water	42g Nature Valley Oats & Honey	300ml Tropicana Orange Juice	1 Medium Banana
1.5 Teaspoons	5 Teaspoons	2 Teaspoons	0 Teaspoons	3 Teaspoons	7 Teaspoons	3.5 Teaspoons
						
						
30g Nakd Banana Crunch	440ml Drench Juicy Spring Water	1 Large Apple	380ml Volvic Touch of Fruit Water	50g Tesco Fruit & Nut Granola	1 Cup of Grapes	23g Special K Red Berries
3.5 Teaspoons	7 Teaspoons	6 Teaspoons	7 Teaspoons	2.5 Teaspoons	6 Teaspoons	1.5 Teaspoons
