



CONCORDIA
dental healthcare

Hidden Sugar in Food

Drinks

Product	Portion	Teaspoons of Sugar
Coca Cola	500ml Bottle	15.5 Teaspoons
Red Bull	250ml Can	6.5 Teaspoons
Orange Juice	250ml Glass	6 Teaspoons
Lucozade	500ml Bottle	10.5 Teaspoons
Fruit Shoot	200ml Bottle	10.5 Teaspoons
Innocent Smoothie	250ml Bottle	8.5 Teaspoons
Ribena	500ml Bottle	12.5 Teaspoons
Lemmonade	500ml Bottle	3.5 Teaspoons
Tizer	500ml Bottle	4.5 Teaspoons
Tonic Water	500ml Bottle	2.5 Teaspoons
Slush Puppy	1 Small Cup	6.5 Teaspoons

Breakfast Cereals

Product	Portion	Teaspoons of Sugar
All Bran	100g with milk	5 Teaspoons
Bran Flakes	100g with milk	5 Teaspoons
Corn Flakes	100g with milk	3 Teaspoons
Rice Krispies	100g with milk	3 Teaspoons
Shreddies	100g with milk	3 Teaspoons
Coco Pops	100g with milk	8.5 Teaspoons
Ready Brek honey	100g with milk	9 Teaspoons
Frosties	100g with milk	9 Teaspoons
Weetabix Fruit & Nut	100g with milk	5.5 Teaspoons
Sugar Puffs	100g with milk	7 Teaspoons
		3 Teaspoons

Dessersts

Product	Portion	Teaspoons of Sugar
Angel Delight	1 Packet	8 Teaspoons
Chocolate Sauce	3 Teaspoons	2 Teaspoons
Ice Cream	Medium Tub	9 Teaspoons
Instant Custard	1 Packet	7 Teaspoons
Petit Filous Yoghurt	1 Pot	3 Teaspoons
Jelly	1 Packet	19 Teaspoons
Tinned Fruit in Syrup	1 Small Tin	5 Teaspoons
Fruit Yoghurt	1 Small Pot	4.5 Teaspoons

Spreads

Product	Portion	Teaspoons of Sugar
Chocolate Spread	2 Teaspoons	2.5 Teaspoons
Jam	2 Teaspoons	2 Teaspoons
Peanut Butter	2 Teaspoons	0.5 Teaspoons
Honey	2 Teaspoons	2.5 Teaspoons
Treacle	2 Teaspoons	2.5 Teaspoons

Sauces

Product	Portion	Teaspoons of Sugar
Brown Sauce	3 Teaspoons	1 Teaspoons
Tomato Ketchup	3 Teaspoons	1 Teaspoons
Sweet Pickle	3 Teaspoons	1 Teaspoons
Salad Cream	3 Teaspoons	0.5 Teaspoons
Mayonaise	3 Teaspoons	0.5 Teaspoons

Confectionery

Product	Portion	Teaspoons of Sugar
Aero	1 Bar	3.5 Teaspoons
Boiled Sweets	1 Tube	10 Teaspoons
Bounty	1 Bar	4 Teaspoons
Mars Bar	1 Bar	7 Teaspoons
Milk Chocolate	1 Small Bar	6.5 Teaspoons
Fruit Gums	1 Tube	3 Teaspoons
Kit Kat	1 Bar	4 Teaspoons
Dolly Mixtures	1 Small Bag	20.5 Teaspoons

