

Looking after our teeth

Find out which foods contain the most sugar by studying packaging and labels in your home/from your lunchbox. Record your findings. E.g. Orange juice has 10.5g of sugar which is a lot higher than orange squash which has 0.1g.

Look for the "**Carbohydrates of which sugars**" figure on the nutrition label.



Typical values	100ml contains	250ml contains	%GDA*	typical adult
Energy	199kJ 47kcal	500kJ 120kcal	6%	2000kcal
Protein	0.5g	1.3g		
Carbohydrate	10.5g	26.3g		90g
of which sugars	10.5g	26.3g	29%	70g
Fat	trace	trace		
of which saturates	trace	trace		
Fibre	trace	trace		
Sodium	trace	trace		
Salt equivalent	trace	trace		

* Guideline daily amounts

Vitamins/Minerals

Typical values	100ml contains
	25.0mg (42% RDA)
	62.5mg (104% RDA)

Products are considered to either be high or low in sugar if they fall above or below the following thresholds:

- high: more than **22.5g** of total sugars per **100g**
- low: **5g** or less of total sugars per **100g**
- Medium: between **5g** and **22.5g**.