

CUT BACK ON SUGAR

Too much sugar can rot your teeth and lead to weight gain.
 Aim to have no more than 6 teaspoons of added sugar each day.
 The sugars found naturally in fruit and plain milk and yoghurt are NOT bad for health.



 Low sugar foods	Teaspoons of added sugar	 High sugar foods	Teaspoons of added sugar
Plain low-fat yoghurt 	0	Ice cream 	4 
Oats 	0	Sweet cereal 	4 
Plain popcorn 	0	Two biscuits 	4 
Fruit 	0	Chocolate bar 	7 
Unsalted nuts 	0	Lollies 	5 
Vegetables 	0	Muffin 	8 
Plain water 	0	Can of soft drink 	10 
Unflavoured low-fat milk 	0	Flavoured milk 	5 

Partner:



Government of **Western Australia**
 Department of **Health**

