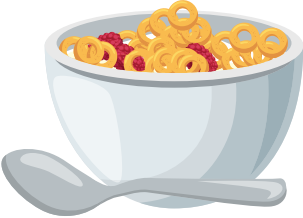
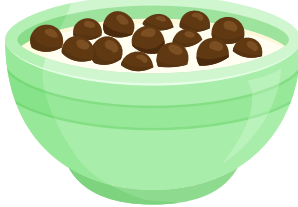


HIDDEN SUGAR

CEREAL & MUESLI	NUT/MUESLI BAR	CHOC CEREAL	DRIED FRUIT
			
			
~7 TEASPOONS PER CUP	~2 TEASPOONS PER BAR	~7 TEASPOONS PER CUP	~5 TEASPOONS PER HANDFUL

TOMATO SAUCE	FLAVOURED YOGHURT	FRUIT JELLY	CHOC CHIP COOKIES
			
			
~2 TEASPOONS IN 2 TBSP	~2 TEASPOONS IN A POTTLE	~5 TEASPOONS IN A POTTLE	~3 TEASPOONS IN 3 BISCUITS

- The foods pictured are all treat foods because they have added sugar
- Limit treat foods to 1-2 times a week
- Give teeth a break by having treat foods with main meals rather than grazing

RECOMMENDED MAXIMUM DAILY SUGAR INTAKE (RDI):

children - 6 teaspoons
adults - 10 teaspoons