

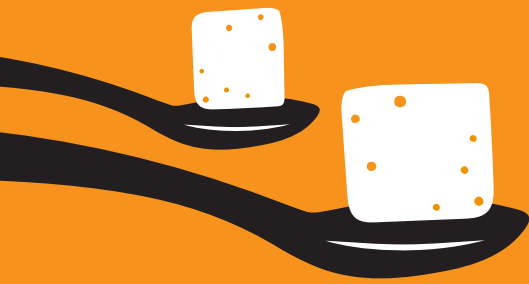
**LATEST SUGAR GUIDANCE**  
**RECOMMENDS LESS THAN**

**5%**

**Live Life  
BETTER  
DERBYSHIRE**

**OF YOUR DAILY CALORIES SHOULD  
COME FROM **ADDED SUGARS\*****

**BUT WHAT DOES THAT ACTUALLY MEAN FOR **YOU?****



## **SUGAR... BY ANY OTHER NAME**

Even if we don't see the word **SUGAR** listed in the ingredients, it's often there, but under a different name.

Look for any of the following words, which indicate that **SUGAR** has been added.



A MAXIMUM OF

**30<sub>g</sub>**

**AGED 11 +**



equivalent to **six** teaspoons at five grams per teaspoon



A MAXIMUM OF

**24<sub>g</sub>**

**7-10 YEARS**



equivalent to **five** teaspoons at five grams per teaspoon



A MAXIMUM OF

**19<sub>g</sub>**

**2-6 YEARS**



equivalent to **four** teaspoons at five grams per teaspoon

## **WHAT DOES **ADDED** SUGAR MEAN?**

“Added or “free” sugar means all the different types of sugar in our diet, except for those found naturally in fruit and vegetables, milk and milk products. Most added sugar\* comes from sugar added to food and drink by manufacturers.

### **THE MAIN PLACES YOU'LL FIND ADDED SUGARS ARE...**



\* Added sugar is also referred to as free sugar in some guidance.