

## Taking care of your teeth

- Keep sugary or acidic foods and drinks to mealtimes.
- Snacks and drinks in between meals should be tooth friendly. Some examples are:
  - Still, unflavoured water
  - Milk
  - Fresh fruit or fresh vegetables
  - Breadsticks, plain rice cakes, plain popcorn (unsalted)
- We do not recommend 'no added sugar/low sugar' drinks between meals as they contain fruit sugars. They also contain sweeteners which are not suitable for children under five years.
- Brush your teeth before bedtime and at one other time during the day with fluoride toothpaste.
- Spit out after brushing - don't rinse with water.
- Babies and children under three years should have teeth brushed as soon as they begin to appear in the mouth, with a soft, small headed toothbrush. Use just a smear of toothpaste containing no less than 1000ppm (parts per million) of fluoride. Check the ingredients for this information.
- Adults and children over three years (able to spit out) may use a pea size amount of fluoride toothpaste (1350ppm)
- Maintain regular dental appointments.

If you require help finding a dentist please contact:

NHS Helpline: 111

Or on the web: [www.nhs.uk](http://www.nhs.uk)

For further information about this leaflet, please visit:

[www.communitydentalservices.co.uk](http://www.communitydentalservices.co.uk)

Version 4 9/18

## How much sugar?



A short guide to the sugar content in a selection of everyday foods and drinks

## HOW MUCH SUGAR?

One rounded teaspoon (tsp.) of sugar weighs approximately 5 grams. Bar, packet etc. sizes are those most common to the product unless otherwise stated.

Product (approx.)	Portion	Tsps of Sugar	Sugar (g)
<b>Biscuits</b>			
Chocolate Digestive*	1 Biscuit	1	4.85g
Digestive*	1 Biscuit	½	2.5g
Jaffa Cakes*	1 Biscuit	1 ½	6.4g
Jam Sandwich*	1 Biscuit	1	5.5g
Rich Tea*	1 Biscuit	⅓	1.7g
Cereal Bar (chewy)*	1 Bar (30g)	2	9.68g
<b>Breakfast Cereals</b>			
Cornflakes*	Small Box (17g)	⅓	1.4g
Coco Pops®* (new recipe)	Small Box (30g)	1	5.1g
Frosties®*	Small Box (25g)	2	9.3g
Ready Brek®* original	Sachet (30g)	0	0.0g
Shredded Wheat®*	1 Biscuit	0	0.15g
Shreddies®*	Small Box (40g)	1	5.2g
Weetabix®*	1 Biscuit	¼	0.85g
<b>Cakes</b>			
Chocolate Fudge Cake	1 Med Slice (75g)	6 ½	32.6g
Fairy Cake	1 Cake (30g)	2 ½	13.23g
Fruit Cake	1 Med Slice (75g)	6	29.7g
Jam Doughnut	1 Bun	3 ⅓	16.85g
Jam Tart	1 Tart (35g)	2 ¼	11.24g
Swiss Mini Roll (individuals)	1 Roll (30g)	2 ¼	12g
<b>Desserts</b>			
Instant dessert powders*	½ sachet with semi-skimmed milk	2 ¼	10.4g
Ice Cream (Vanilla)	1 Scoop (50g)	2 ¼	11g
Hartley's® Jelly*	1 Pot (125g)	3 ¼	16.3g
Fromage Frais	1 Small Pot (45g)	1	5.31g
Fruit Yoghurt (whole milk)	1 Pot (125g)	4	20.75g
Plain Yoghurt	1 Pot (125g)	2	9.75g
Twinpot Yoghurt with Fruit	1 Pot	4 ¾	19.5g

Product	Portion	Tsps of Sugar (approx.)	Sugar (g)
<b>Confectionery</b>			
Aero Milk Bar®*	1 Bar (36g)	4	20.9g
Chocolate Buttons*	Packet (30g)	3 ¼	17g
Dolly Mixtures*	1/2 of 70g Packet	9	45g
Fruit Pastilles*	1 Tube (52.5g)	6	31g
Fruit-tella®*	1 Packet (41g)	4 ½	22.55g
Haribo Starmix®*	Fun-size Packet (16g)	1 ½	7.52g
Maltesers®*	1 Packet (37g)	4	19g
Bassetts® Liquorice Allsorts*	1/4 of 190g Bag	6	29.45g
Mars®*	1 Bar (51g)	6	30.5g
Milky Way®*	1 Bar (21.5g)	3	14.6g
Smarties®*	1 Tube (38g)	5	26.9g
Sun-Maid Raisins®*	Small Box (42.5g)	6	30.4g
Twix®*	2 Biscuits	5	24.4g
<b>Spreads</b>			
Chocolate /Choc Nut Spread	2 Tsp (10g)	1 ¼	5.6g
Honey	2 Tsp (10g)	1 ½	8.3g
Jam/Marmalade	2 Tsp (10g)	1 ¼	6g
Peanut Butter (smooth)	4 Tsp (20g)	¼	1.34g
Golden Syrup	2 Tsp (10g)	1 ½	7.9g
<b>Soft Drinks</b>			
Cola	1 Can (330ml)	7	35.97g
Capri-Sun® Orange Original*	1 Pouch (200ml)	2	9.8g
Drinking Chocolate (powder with semi-skimmed milk)	18g + 200ml	4 ½	23g
Fruit Shoot®	1 Bottle (200ml)	2	10.4g
Juiced Apple & Pear*			
Lemonade	1 Glass (250ml)	3	14.5g
Lucozade®*	1 Bottle (380ml)	4 ½	22.6g
Pure Fruit Juice (average of orange, apple & pineapple)	Small Carton (200ml)	4	19.2g
Ribena® Blackcurrant*	Carton (250ml)	2 ⅓	11.5g
Innocent 100% Apple Juice for Kids®*	Carton (180ml)	3	15.7g

SOURCE: Nutritional information found using manufacturers' information and McCance and Widdowson's: *The Composition of Foods (7<sup>th</sup> Edition)*.