

Hidden Sugars in Food and Drink

Product	Teaspoons of Sugar
1 Packet of Jelly Cubes	24
1 Small tin fruit (in syrup)	12
1 Medium Mars Bar	9
1 Can Coca Cola	8
1 Packet of Bubble Gum	8
1 Tube Smarties	7.5
1 Tube Polo Mints	7.5
1 Small pack fruit pastilles	7
1 Glass diluted Ribena	6
A small bar of chocolate	6.5
Small bar dark chocolate	6.5
Half small tin fruit	6
1 Small carton fruit yoghurt	4.5
1 Tumbler Lucozade	4.5
3 Tablespoons Sugar Puffs	4