

Quantity of nutrient per serving

Serving sizes differ between products. Not a good reference when comparing products.

Sugar per serve

In this product there are three serves and each contains 18.6 grams (g) of sugar

Where does sugar sit in the list?

The closer to the top of the list of ingredients, the more sugar present.

Nutrition Information		
Servings per package: 3 Serving size: 150g		
	Quantity per serving	Quantity per 100g
Energy	608kJ	405 kJ
Protein	4.2g	2.8g
Fat, total	7.4g	4.9g
- Saturated	4.5g	3.0g
Carbohydrate, total	18.6g	12.4g
- Sugars	18.6g	12.4g
Sodium	90mg	60mg
Ingredients:	Whole milk, concentrated skim milk, sugar, banana (8%), strawberry (6%), grape (4%), peach (2%), pineapple (2%), gelatine, culture, thickener (1442)	
All quantities above are averages		

Use this column when comparing products

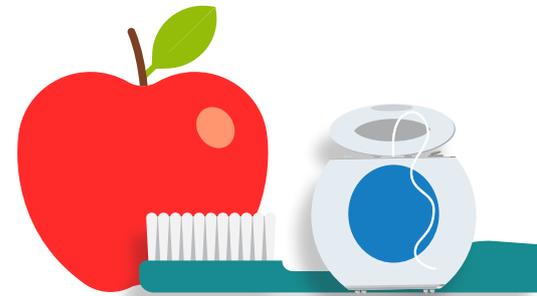
How much sugar to look for:

- 15g or less → okay
- 10g or less → better
- 5g or less → best

Daily sugar consumption

Limit added sugar intake to 6 or less teaspoons per day. This equals 24 grams of added sugar or less.

- 1 teaspoon sugar = 4 grams sugar



Comparing products

Use the 'per 100g' column. This allows you to compare "apples with apples."

- Aim for less than 10 grams of sugar per 100 grams, but less than 5 grams is best. Foods claiming 'no added sugar,' often contain a higher level of sugar from natural sources but these sugars can still cause tooth decay.

Don't forget

- Brush with a fluoride toothpaste.
- Clean between your teeth with floss or interdental brushes.
- See a dentist regularly to maintain good oral health.

For more information on oral health visit ada.org.au

- [facebook.com/HealthyTeethAustralia](https://www.facebook.com/HealthyTeethAustralia)
- twitter.com/AUS_Dental