

















# Lift the Lip

## Some examples of added sugars in foods

✗ Unhealthy option    ✓ Healthier option

  <p>30g of chocolate cereal contains 2.75 teaspoons of added sugar</p>	  <p>30g serve of wheat biscuit cereal contains less than 0.25 teaspoon of added sugar</p>
  <p>42g muesli bar contains 2.3 teaspoons of added sugar</p>	 <p>Whole fruit contains no added sugar</p>
  <p>25g sweet biscuits (about 13 bite-sized pieces) contains 1.6 teaspoons of added sugar</p>	  <p>Four wholegrain crackers with cheese contain less than 0.25 teaspoon of added sugar</p>
  <p>250ml of 100% fruit juice contains 5 teaspoons of sugar</p>	 <p>Tap water means no added sugar</p>

References: WHO, 2015. *Guidelines: Sugars intake for adults and children*. Geneva: World Health Organization; 2015.

Gold Coast Oral Health Services welcome all children 0 to 4 years of age referred by Community Child Health. For more information contact Oral Health Services.

**Phone: 1300 300 850**

[www.goldcoast.health.qld.gov.au/oral-health](http://www.goldcoast.health.qld.gov.au/oral-health)

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