



### Free Sugars

Any Sugars added to food and drinks.

Sugar in honey, syrups, unsweetened fruit and vegetable juices and smoothies all count as free sugars.

### How much sugar should we have?

Children aged 2 to 3 no more than 14g.  
3.5 sugar cubes.

Children aged 4 to 6 no more than 19g.  
5 sugar cubes.

Children aged 7 to 10 no more than 24g.  
6 sugar cubes.

### Tips to cut down on sugar.

- Reducing sugar in drinks
- Reducing sugar in food
- Check nutrition labels and added sugars.
- Use the NHS food scanner app



### Did you know?

A Vanilla Chocolate Muller Corner Yogurt has 16.9g of sugar!!!

### Find out more.

For more dental top tips visit the Smarter Smiles Website.

<https://smartersmiles.co.uk/>

