

Community Oral Health Service SUGAR FACT SHEET

The WDHB would like to acknowledge the Auckland Regional Dental Service as the source of this fact sheet.



HOW MUCH SUGAR IS IN THE FOOD WE EAT?

Foods that are sugary and sticky can cause tooth decay.

Yoghurt, milk, other dairy food and fruit:

Have some sugar, but are an important part of our diet.



Bread and crackers - *Less than one teaspoon of sugar*



Cereal and popcorn bars - *Two teaspoons of sugar - sticky!*



Museli bars - *Three teaspoons of sugar - sticky!*



Fruit roll ups - *Five teaspoons of sugar - sticky!*



'Cookie Time' cookies - *Six teaspoons of sugar*



HOW MUCH SUGAR IS IN WHAT WE DRINK?

Drinks that are sugary and sticky can cause tooth decay.

Water - *No sugar*



Flavoured milk - *Three teaspoons of sugar in one cup (250ml)*



Drink concentrate e.g. Raro - *Four teaspoons in a small cup (250ml)*



Fruit juice - *Seven teaspoons of sugar in one cup (250ml)*



Sports drinks e.g. Powerade & Gatorade

10 teaspoons of sugar in a 600ml bottle



Coca Cola, lemonade, fizzy drinks

10 teaspoons of sugar in a 355ml can



For more information, please contact your dental therapist or phone 0800 TALK TEETH (0800 825 583)



wdhb.org.nz

'Brush twice a day with adult strength fluoride toothpaste'

For more information contact the
Preschool Oral Health Facilitator's Office | 06 348 8962

Better health and independence
He hauora pai ake, he rangatiratanga