

Read labels!



	<u>LOW</u>	<u>MEDIUM</u>	<u>HIGH</u>	
Total Sugar (Free + intrinsic sugars)	≤5g/100g	>5 to 22.5g/100g	>22.5g/100g	>27g/portion*
	≤2.5g/100ml	>2.5 - 11.25g/100ml	>11.25g/100ml	>13.5g/portion*

(British Dietetic Association, n.d)

(*High per portion - if more than 100g/150ml)

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

(Public Health England, 2018)

can you find these on Ingredient list

- *Cane sugar
- *Brown sugar
- *Fructose corn syrup
- *Fruit juice concentrate
- *Crystalline sucrose
- *Honey
- *Corn syrup
- *Fructose
- *Sucrose
- *Glucose