

AFTER SCHOOL

SNACK TIME

- What kind of snack do you give to your child after school or nursery? -

Sugar content of each type of snack:

MAIN COURSE

Breadsticks <i>Served alone or with a soft cheese dip</i>	0g
Cheese <i>20g cheese circle</i>	0g
Whole piece of fruit or veg <i>Fibre content in whole fruit means the sugars are less damaging to the teeth</i>	/

SWEET TREATS

Doughnut <i>58g iced ring doughnut with sprinkles</i>	8g
Fruit sweets <i>20g bag of shop brought fruit sweets</i>	7g
Yoghurt pouch <i>100g pouch of shop brought yoghurt</i>	11g
Cookies <i>20g bag of chocolate chip cookies</i>	5g
Lollipop <i>20g lollipop</i>	14g
Chocolate bar <i>13g white chocolate bar</i>	6g

Top tips for teeth

Top tip How much is too much sugar?

Here are the maximum daily amounts of sugar for your children

4-6 year olds 19g 5 cubes	7-10 year olds 24g 6 cubes	11+ year olds 30g 7 cubes
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change 4 life

This sugar guidance is for all meals, snacks and drinks during the day (not including unprocessed fruit)
Under 4's are recommended a no sugar diet.

DRINKS

Orange juice (200ml)	20g
Water (250ml)	0g
Smoothie (150ml)	17g
Flavoured water (250ml)	3g
Fizzy cola (250ml)	22g
Yoghurt drink (100g)	8g
Chocolate milkshake (200ml)	17g
Fruit Squash (200ml)	1g
Apple Juice (200ml)	20g
Fizzy Orange (250ml)	5g

*Items that state no added sugar are normally still packed with processed fruit sugars which damage teeth

