

hidden sugars guide....

Most of us

are aware that an excessive intake of sugar is bad for us. It not only damages your teeth but can also have serious implications for your general health. It may for example, increase your risk of developing diabetes or becoming obese.

Whilst food manufacturers have a legal obligation to list any sugars contained within their product, the information they provide can often be misleading. You may think that you don't have a lot of sugar in your diet because, for example, you don't eat sweets or take sugar in your tea and coffee. Beware! Sugar is often present in foods under a different guise. Names used include: – honey, dextrose, fructose, corn syrup, galactose, lactose, polydextrose, mannitol, sorbitol, xylitol, maltodextrin, turbinado sugar. For more information about food labelling please refer to our June 2009 newsletter in the archive at www.dunsdental.co.uk.

We have provided you with a table of some popular foodstuffs and their sugar content over the page. If you have any queries please feel free to discuss them with a member of our team.

Denotes low sugar content (<0.5 teaspoons sugar per portion)

Denotes average sugar content (<0.1 teaspoons sugar per portion)

Denotes high sugar content (>1 teaspoons sugar per portion)

DUNS DENTAL PRACTICE

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Monday	09:00 - 18:00
Tuesday	09:00 - 18:00
Wednesday	09:00 - 18:00
Thursday	09:00 - 18:00
Friday	09:00 - 17:00

Please note that the practice is closed
between 13:00 - 14:00 daily

Biscuits	Portion Size	Teaspoons of sugar
Chocolate digestive	1	2
Digestive	1	0.5
Gingernut	1	1
Jaffa cakes	1	1.5
Rich tea	1	0.5
Savoury cracker	1	Trace
Confectionary		
Aero	1 bar	4
Boiled sweets	1 tube	10
Milk chocolate	1 sm bar	6
Plain chocolate	1 sm bar	6
Crunchie	1 bar	6
Dolly mixtures	4ozs	20
Fruit pastilles	1 tube	6.5
Kit kat	2 fingers	4
Liquorice allsorts	4 oz's	18
Maltesers	1 packet	2.5
Snickers bar	1 bar	4
Mars bar	1 bar	5
Milky way	1 bar	1.5
Murray mints	1 tube	10
Polo mints	1 tube	5
Yorkie	1 bar	6
Smarties	1 sm tube	4.5
Topic	1 bar	4
Twix	2 bisc	3.5
Turkish delight	1 bar	8
Tinned Vegetables		
Baked Beans	1	2
Peas	1	0.5
Sweetcorn	1	1
Soft Drinks		
Slush puppy	1 sm cup	6.5
Blackcurrant	4 fl oz's	4
Bitter lemon	1 glass	4
Ginger ale	1 glass	3
Lemonade	1 glass	3.5
Orange squash	1 glass	2.5
Slush puppy	1 sm cup	6.5
Blackcurrant	4 fl oz's	4
Bitter lemon	1 glass	4
Coca cola	1 can	7
Ginger ale	1 glass	3
Lemonade	1 glass	3.5
Orange squash	1 glass	2.5
Slush puppy	1 sm cup	6.5
Blackcurrant	4 fl oz's	4
Bitter lemon	1 glass	4
Irn Bru	500ml	5
Soft Drinks		
Tinned Tomato	1 Bowl	1
Packet minestrone	1 Pkt	1

Spreads	Portion Size	Teaspoons of sugar
Chocolate spread	2 teaspoons	2.5
Honey	2 teaspoons	2.5
Jam	2 teaspoons	2
Lemon curd	2 teaspoons	2
Marmalade	2 teaspoons	2.5
Syrup	2 teaspoons	2.5
Treacle	2 teaspoons	2.5
Peanut butter	3 teaspoons	0.5
Cereals		
All bran	3 tablespoons	1
Branflakes	6 tablespoons	2
Cornflakes	6 tablespoons	0.5
Muesli & sugar	2 tablespoons	2
Rice krispies	6 tablespoons	0.5
Shreddies	2 tablespoons	0.5
Shredded wheat	2 biscuits	0
Special k	6 tablespoons	0.5
Krave	30g	2
Puffed wheat	6 tablespoons	0
Cakes		
Sponge cakes	1 med slice	1.5
Scone (Sweet)	1	0.5
Scone (Cheese – savoury)	1	0
Sandwich cake	1 med slice	4.5
Lemon pie	1 med slice	3.5
Currant bun	1 bun	1.5
Chocolate cake	1 med slice	2
Desserts		
Angel delight	1 packet	8
Choc. Sauce	3 teaspoons	2
Custard pot	150g	3
Ice cream	Family block	9
Instant custard	1 packet	7
Instant whip	1 packet	10.5
Jelly	1 packet	19
Fruit in syrup	1 sm tin	5
Trifle mix	1 packet	3.5
Fruit yoghurt	1 carton	4.5
Rice pudding	150g	3
Beverages		
Bournvita	3 teaspoons	1.5
Drinking choc	3 teaspoons	2.5
Horlicks	3 teaspoons	1
Ovaltine	3 teaspoons	1
Sauces & pickles		
Brown sauce	3 teaspoons	1
Salad cream	3 teaspoons	0.5
Tomato ketchup	3 teaspoons	1