

A guide to hidden sugars in food...

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.

Key to hidden sugars:

Denotes Low sugar content (<0.5 tspn sugar per portion)

Denotes Average sugar content (<1 tspn sugar per portion)

Denotes High sugar content (>1 tspn sugar per portion)

DUNSDENTAL PRACTICE

40 Market Square, Duns,
Berwickshire TD11 3AL

01361 882262

info@dunsdentalpractice.com
www.dunsdental.co.uk

Monday	09:00 - 18:30
Tuesday	08:30 - 18:00
Wednesday	09:00 - 18:00
Thursday	08:00 - 18:00
Friday	09:00 - 17:00

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



Product	Portion size	Teaspoons of sugar per portion (Less than 1 tspn per portion is best)	Product	Portion size	Teaspoons of sugar per portion (Less than 1 tspn per portion is best)
Biscuits			Spreads		
Chocolate digestive	1	2	Chocolate spread	2 teaspoons	2.5
Digestive	1	0.5	Honey	2 teaspoons	2.5
Gingernut	1	1	Jam	2 teaspoons	2
Jaffa cakes	1	1.5	Lemon curd	2 teaspoons	2
Rich tea	1	0.5	Marmalade	2 teaspoons	2.5
Savoury cracker	1	Trace	Syrup	2 teaspoons	2.5
Confectionery			Treacle	2 teaspoons	2.5
Aero	1 bar	4	Peanut butter	3 teaspoons	0.5
Boiled sweets	1 tube	10	Cereals		
Milk chocolate	1 sm bar	6	All bran	3 tablespoons	1
Plain chocolate	1 sm bar	6	Branflakes	6 tablespoons	1
Crunchie	1 bar	6	Cornflakes	6 tablespoons	0.5
Dolly mixtures	4ozs	20	Muesli & sugar	2 tablespoons	2
Fruit pastilles	1 tube	6.5	Rice krispies	6 tablespoons	0.5
Kit kat	2 fingers	4	Shreddies	2 tablespoons	0.5
Liquorice allsorts	4 oz's	18	Shredded wheat	2 biscuits	0
Maltesers	1 packet	2.5	Special k	6 tablespoons	0.5
Snickers bar	1 bar	4	Sugar puffs	6 tablespoons	2.5
Mars bar	1 bar	5	Puffed wheat	6 tablespoons	0
Milky way	1 bar	1.5	Cakes		
Murray mints	1 tube	10	Sponge cakes	1 med slice	1.5
Polo mints	1 tube	5	Scone - sweet	1 scone	0.5
Yorkie	1 bar	6	Scone - cheese	1 scone	0
Smarties	1 sm tube	4.5	Sandwich cake	1 med slice	4.5
Topic	1 bar	4	Lemon pie	1 med slice	3.5
Twix	2 bisc	3.5	Currant bun	1 bun	1.5
Turkish delight	1 bar	8	Chocolate cake	1 med slice	2
Tinned vegetables			Desserts		
Baked beans	1/2 med tin	2	Angel delight	1 packet	8
Peas	1 sm tin	0.5	Choc. Sauce	3 teaspoons	2
Sweetcorn	1/2 med tin	1.5	Dream topping	1 sachet	2
Soft drinks			Ice cream	Family block	9
Slush puppy	1 sm cup	6.5	Instant custard	1 packet	7
Blackcurrant	4 fl oz's	4	Instant whip	1 packet	10.5
Bitter lemon	1 glass	4	Jelly	1 packet	19
Coca cola	1 can	7	Fruit in syrup	1 sm tin	5
Ginger ale	1 glass	3	Trifle mix	1 packet	3.5
Lemonade	1 glass	3.5	Fruit yoghurt	1 carton	4.5
Orange squash	1 glass	2.5	Rice pudding	1/2 tin	2.5
Lucozade	1 glass	8	Beverages		
Ribena	1 glass	5	Bournvita	3 teaspoons	1.5
Tizer	1 glass	4.5	Drinking choc	3 teaspoons	2.5
Tonic water	1 glass	2.5	Horlicks	3 teaspoons	1
Vimto	1 glass	3	Ovaltine	3 teaspoons	1
Soups			Sauces & pickles		
Tinned tomato	1 bowl	1	Brown sauce	3 teaspoons	1
Packet minestrone	1 pkt	1	Salad cream	3 teaspoons	0.5
			Tomato ketchup	3 teaspoons	1