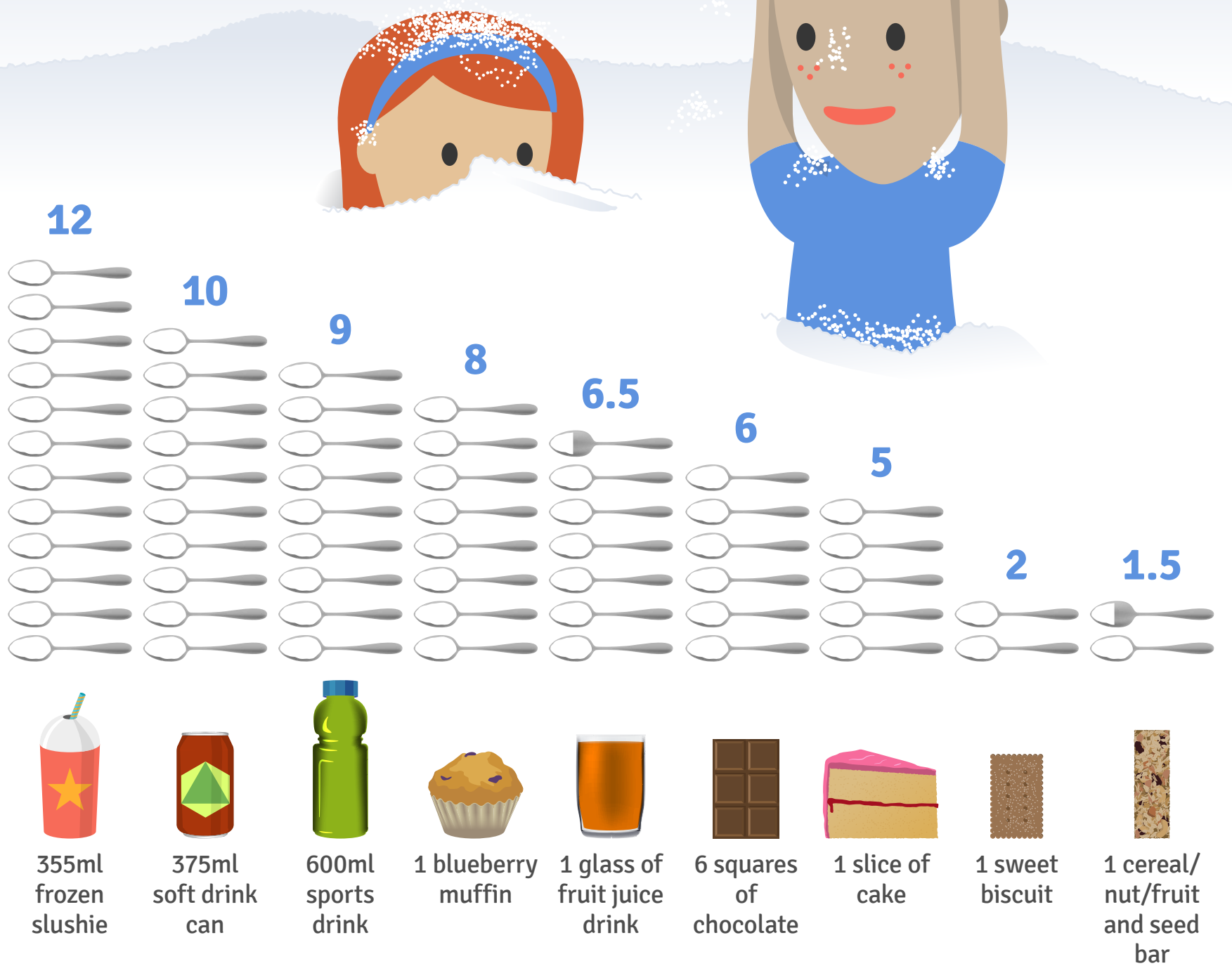
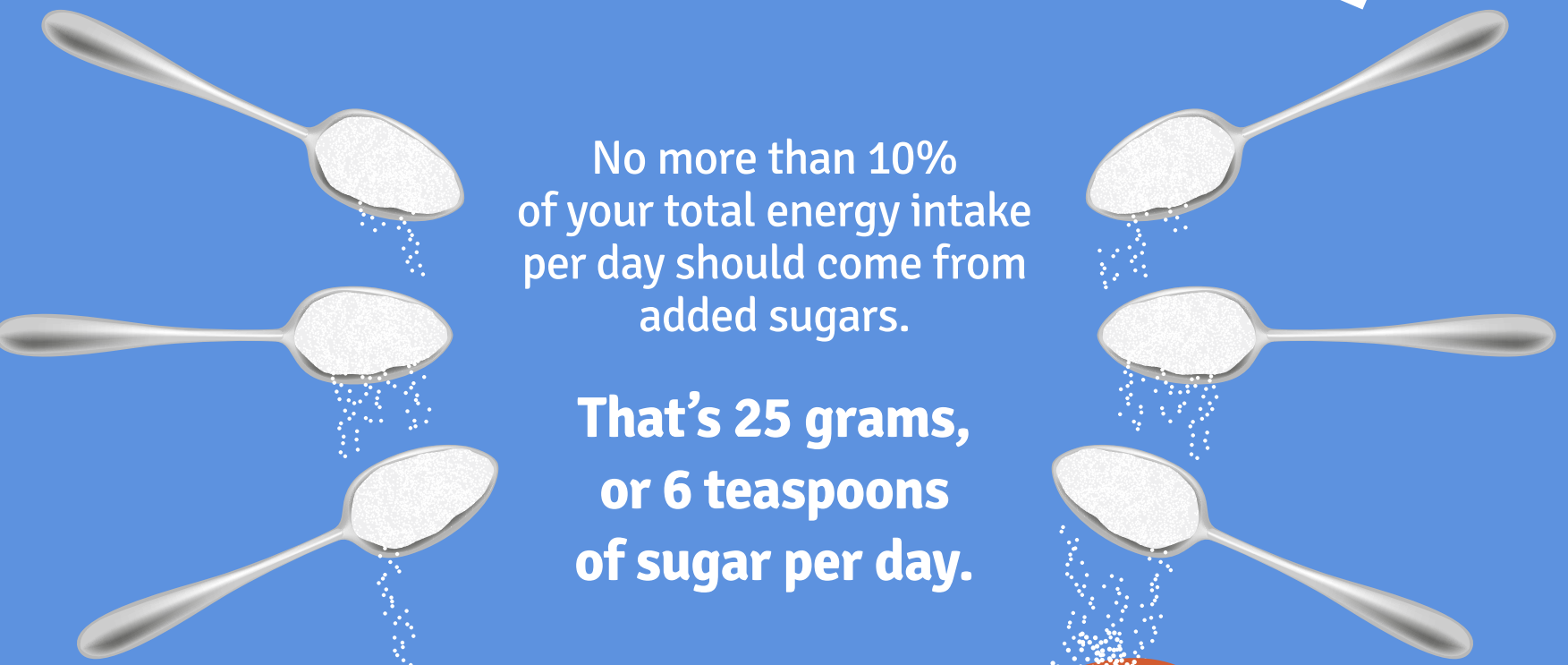


Sugar

ARE YOU EATING TOO MUCH?

No more than 10% of your total energy intake per day should come from added sugars.

That's 25 grams, or 6 teaspoons of sugar per day.



How much sugar is hiding in your food?

Check the nutrition panel for information about sugars. This is listed under carbohydrates.

✓
Less than 5g per 100g is low

✗
More than 15g per 100g is high

INGREDIENTS

Water, Corn (15%), Wheat flour (11%) Fruit Syrup, Chicken (9%) Dextrose, Canola Oil, Maize Starch, Monosaccharides, Milk Solids, Xylitol, Soy Protein, Onions, Garlic, Flavour Enhancer (E635) Mannitol, Salt, Yeast Extract, Food Colour (Beta Carotene).

NUTRITIONAL INFORMATION

Servings per package: 1
Serving size: 250g

	Per serving	Per 100g
Energy (kilojoules):	694kJ	277kJ
Protein:	4.8g	1.9g
Total fat:	6.2g	2.5g
Saturated fat:	2.3g	0.9g
Total carbohydrates:	18.1g	7.2g
Sugars:	6.2g	2.5g
Sodium:	788mg	315mg

Other names for sugar

brown sugar
corn syrup
dextrose
fructose
fruit juice concentrate

fruit syrup
glucose
golden syrup
invert sugar
honey

lactose
malt
maltose
maple syrup
mannitol

molasses
monosaccharides
raw sugar
sorbitol
xylitol

For more information about sugars, visit betterhealth.vic.gov.au/healthyeating



Sources

http://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55_australian_dietary_guidelines.pdf
<https://www.betterhealth.vic.gov.au/health/healthyliving/sugar>
<http://www.vaccho.org.au/assets/01-RESOURCES/TOPIc-AREA/NUTRITION/TIP-SHEETS/VACCHO-DRINKING-WEB.pdf>
<http://www.rethinksugarydrink.org.au/how-much-sugar>
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