



# Nutritional Needs

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Some of the sweeteners found on labels which can cause tooth decay: -

Sugar, sucrose, glucose, maltose, dextrose, hydrolysed starch, corn syrup, golden syrup, brown sugar, honey, treacle, concentrated fruit juice.

<u>ADDED SUGAR IN FOOD</u>	<u>TEASPOON EQUIVALENT</u>
2 sweet biscuits	1
1 Slice of cake	4
Fruit flavoured yoghurt (small carton)	3
Ice cream (1 scoop)	2
Sugar Puffs (3 tablespoons)	4
Cornflakes (3 tablespoons)	1
Tinned soup (1 can)	2
Baked beans (1 large tin)	5
Sweetcorn (1 medium tin)	4
Drinking chocolate (3 teaspoon)	3
Sweetened orange juice (1 small glass)	1
Lucozade (1 tumbler)	5
Lemonade (1 tumber)	3
Coca cola (1 can)	8
Ribena (1 glass diluted)	6
Orange Squash (1 glass diluted)	3
Low calorie drinks (with sugar) (1 glass diluted)	1/2

Tomato Ketchup ( 2 teaspoons)	1
Boiled sweets (1 packet)	24
Milk chocolate (small bar)	7
Plain chocolate (small bar)	7
Mars bar	9
Bounty bar	9
Fruit gums	8
Liquorice allsorts (1 box)	22
Fruit pastilles (1 small packet)	7
Polo mints (1 tube)	7.5
Smarties (1 tube)	7.5
Rolos (1 small packet)	8
Bubblegum (1 packet)	8
Tinned rice pudding (220g)	4
Fruit pie filling (200g)	8
Tinned fruit (1 serving)	6
Jam (2 teaspoons)	2
Honey (2 teaspoons)	3
Lemon curd (2 teaspoons)	2