

Biscuits (per packet)



29 cubes
of sugar



37 grams
of sat fat

Yikes! A packet of your favourite choc biscuits contains **29 cubes of sugar, 37 grams of sat fat AND 6 sachets of salt!**

1 cube = 4grams of sugar
1 sachet = 0.5g salt

Cereals (per box)



56 cubes
of sugar



10 sachets
of salt

Eek! A box of your favourite sugary cereal contains **56 cubes of sugar, 10 sachets of salt plus 7g of sat fat!**

1 cube = 4grams of sugar
1 sachet = 0.5g salt

Yoghurts (per pot)



5 cubes
of sugar



3 grams
of sat fat

Woah! Just one pot of sugary yoghurt has **5 cubes of sugar**, **3 grams of sat fat** and almost half a salt sachet!

1 cube = 4grams of sugar
1 sachet = 0.5g salt

Muffins (per muffin)



5 cubes
of sugar



3 grams
of sat fat

Uh-oh! Your favourite muffin has **5 cubes of sugar, 3 grams of sat fat** and more than **half a sachet of salt!**

1 cube = 4grams of sugar
1 sachet = 0.5g salt

Fizzy drinks (per can)



9 cubes
of sugar

Oops! Cola doesn't have any sat fat or salt, but just one can has **9 cubes of sugar** – that's more than anyone should have in a day!

1 cube = 4grams of sugar
1 sachet = 0.5g salt

Juice drinks (per pouch)



1 cube = 4grams of sugar
1 sachet = 0.5g salt



5 cubes
of sugar

Juice drinks don't contain any sat
fat or salt, but just one pouch has **5**
cubes of sugar!

SUGAR

How much is too much?

The maximum daily amounts of added sugar are:

4-6 years



7-10 years



11+ years



1 cube = 4grams of sugar

SATURATED FAT (sat fat)

How much is too much?

The maximum daily amounts of sat fat for you and your family are:



SALT

How much is too much?

The maximum daily amounts of salt for you and your family are:



1 sachet = 0.5g salt (12 sachets = 6g of salt, or 1 teaspoon)