

CUT BACK ON SUGAR

Too much sugar can lead to weight gain and tooth decay. Aim to have no more than 6 teaspoons of added sugar each day.

WHERE DO WE FIND SUGAR?

Natural sugars found in foods and drinks

Fruit and milk products

These foods also contain nutrients like protein, calcium, fibre, vitamins and minerals. We should eat these foods every day.



Sugar added to foods and drinks

Ultra-processed foods and drinks

These foods are high in energy (kilojoules) and don't have the nutrients our body needs. We should minimise the amount of these foods and drinks that we eat.



HOW TO CHOOSE HEALTHIER PACKET FOODS

1. Read the nutrition information panel

To find out the amount of sugar in a food, check the 'per 100g' column of the nutrition information panel and compare this against our guide. Remember that food labels in Australia don't list the amount of naturally occurring sugar and added sugar separately.

Best	Okay	Too high
Less than 5g	5 - 15g	More than 15g

For drinks, we recommend sticking to those without any added sugar. Still or sparkling water (add herbs or slices of fruit for a flavour boost), plain milk or unsweetened tea or coffee are great options. Low-sugar drinks can be helpful if you're not quite ready to make the switch to plain water. Flavoured water with minimal or no added sugar has less sugar than other sugary drinks.

2. Check the ingredients list

Some healthy foods like breakfast cereals and yoghurt contain natural sugars AND are sweetened with added sugar. Read the ingredients list and choose products with no added sugar. The natural sugar from fruit and milk is okay. Sugar may be hidden on the ingredients list under a different name. Watch out for these sneaky names for sugar.

Other names for sugar on the ingredients list

- ▲ Barley malt extract
- ▲ Brown rice syrup
- ▲ Brown sugar
- ▲ Cane sugar
- ▲ Corn syrup
- ▲ Dextrose
- ▲ Fructose
- ▲ Fruit juice/puree concentrate
- ▲ Glucose
- ▲ Golden syrup
- ▲ High fructose corn syrup
- ▲ Honey
- ▲ Invert sugar
- ▲ Malt
- ▲ Molasses
- ▲ Raw sugar
- ▲ Rice malt syrup
- ▲ Rice syrup
- ▲ Sucrose