

Free sugars

The type of sugar that we need to cut down on is called free sugar. This doesn't include sugars that naturally occur in milk or in whole fruits and vegetables. Free sugars are any sugars added to food or drinks or naturally found in honey, syrups and unsweetened fruit juices.

Maximum recommended intake of free sugars

AGE	Maximum Recommended Intake of Free Sugars (g)	Sugar Cubes Equivalent
4-6	19	5
7-10	24	6
11+	30	7



Consumed in single serve container**

Product	Container Size	Free Sugar per 100ml (g)	Free Sugar in Container (g)
Cola	330	10.6	35
Diet/Sugar Free Cola	330	0.0	0.0
Lemonade	330	4.2	14.0
Orange Juice Smooth	250	8.9	22.3
Fruit Smoothie	250	11.0	28.0
Semi Skimmed Milk	250	0.0	0.0
Strawberry Milkshake*	471	4.8	22.6
Sugar Free Flavoured Water	500	0.0	0.0
Energy Drink	250	11.0	27.5
Sports Drink	500	3.6	18.0
Water	500	0.0	0.0

*Assumption that there is 5.0g of lactose per 100ml of milk with milk drinks. Already deducted from free sugar quoted.

**Figures are based on commonly available brands.

Consumed diluted

Product	Container Size (ml)	Free Sugar per 100ml diluted (g)	Free Sugar per 250ml diluted (g)
No Added Sugar Squash	1000	0.24	0.6

Considerations – lactose in milk

The term 'free sugars' does not include the sugar that naturally occurs in milk, lactose. This is why the semi skimmed milk contains 0g of free sugar. However the milkshake contains 4.8g of free sugars per 100ml as additional sugar has been added to flavour the milk. Please note that the amount of naturally occurring sugar in the milkshake (lactose), has already been deducted from the free sugar values provided in the table.

Additional important information

1 sugar cube = 4g 1 teaspoon of sugar = 5g