



foodwatch

Where's the sugar?

Use this handy table to find out exactly where the sugar is coming from
– you can read this either by sugar in **grams (g)** or by **teaspoons (tspn)**.

Food	Serve size	Sugar (g)	Sugar (tspn)
Drinks			
Soft drink	1 can, 375ml	40.9	10
Cordial (made up)	1 glass, 250ml	22.5	5.5
Fruit juice 100% orange	1 glass, 250ml	18.5*	4.5*
Fruit juice drink, orange	1 glass, 250ml	28.8*	7*
Flavoured milk	1 glass, 300ml	28.2	7
Milkshake	350ml	40.2	10
Thickshake, McDonalds	340ml	36.6	9
Port	1 small glass, 60ml	7.7	1.5
Sherry	1 small glass, 60ml	6.8	1.5
Cakes and biscuits			
Butternut cookie	2, 26g	9.6	2
Scotch finger	2, 36g	6.6	1.5
Shortbread cream	2, 34g	8.6	3
Arrowroot	2, 17g	3.6	0.5
Choc-chip cookie	2, 14g	4.0	1
Tim Tam	2, 38g	15.6	3.5
Doughnut	1, 50g	6.6	1.5
Danish pastry	1, 100g	16.1	4
Lamington	1, 73g	23.0	6
Carrot cake	1 slice, 100g	22.1	5.5
Cheesecake	1 wedge, 165g	32.3	8
Cupcake, iced	1, 40g	14.6	3.5
Muesli slice	1, 78g	14.7*	4*
Muffin	1 medium	13.3	3
Cereals			
Coco-pops	1 bowl	11.0	2.5
Nutri-Grain	1 bowl	9.6	2.5
Fruit loops	1 bowl	11.7	3.0
Frosties	1 bowl	12.4	3
Corn Flakes	1 bowl	2.6	0.5
Sultana Bran	1 bowl	10.2*	2.5*
Muesli, untoasted	1 bowl	12.9*	3*
Sustain cereal bar	1 bar	9.8*	2.5*
Just Right cereal bar	1 bar	10.3*	2.5*
Ice-creams and desserts			
Ice-cream	1 scoop	9.9	2.5
Ice-block	1	14.2	3.5
Paddle Pop/Moritz	1	22.1	5.5
Sundae, McDonalds	1	34.7	8.5
Yoghurt, fruit	200g tub	25.6*	6*



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Food	Serve size	Sugar (g)	Sugar (tspn)
Jams, toppings and sauces			
Jam, berry	1tbsp	17.5*	4*
Marmalade	1tbsp	17.0*	4*
Honey	1tbsp	23.0	4.5
Chocolate topping	1tbsp	12.3	3
Sauce, tomato	1tbsp,	4.7	1
Sauce, BBQ	1tbsp	8.0	2
Chutney, fruit	1tbsp	8.3*	2*
Mayonnaise	1tbsp	2.9	0.5
Dressing, coleslaw	1tbsp	5.3	1
Chilli sauce	1tbsp	3.0	0.5
Hoisin sauce	1tbsp	6.7	1.5
Plum sauce	1tbsp	9.6	2
Sweet and sour Asian sauce	½ cup	30.2	6
Confectionery			
Hard-boiled sweets	3	8.8	2
Jellies, jubes	2	5.0	1
Caramels	2	6.6	1.5
Liquorice	1 strip	4.8	1
Mars bar	1 bar	34.8	8.5
Bounty bar	1 bar, 50g	22.1	5.5
Milk chocolate	6 squares, 30g	16.7	4
Muesli bar, fruit	1 bar	6.9*	1.5*
Fruit-nut seed bar	1 bar	11.2*	2.5*

* Also includes natural sugars from fruit. Tip: To work out the number of teaspoons of sugar in a product, divide the grams of sugar by 4 (there are 4 grams of sugar in each standard level teaspoon of sugar).

Compiled by accredited nutritionist Catherine Saxelby to help busy people look after their health better. Sign up for membership of her online Healthy Eater's Digest.
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