

**SHEFFIELD'S
SWEET ENOUGH**



**TOO MUCH
SUGAR
CAN LEAD
TO TOOTH
LOSS**

**SHEFFIELD'S
SWEET ENOUGH**



**TOO MUCH
SUGAR
CAN LEAD
TO HEALTH
PROBLEMS**

**SHEFFIELD'S
SWEET ENOUGH**

RECOMMENDED ADDED SUGAR PER DAY

**BABY
0-4 YEARS**

=

**0 ADDED
SUGAR**

**CHILDREN
4-6 YEARS**

=

**4.5
TEASPOONS**

**CHILDREN
7-11 YEARS**

=

**5.5
TEASPOONS**

**ADULTS
11+ YEARS**

=

**7.5
TEASPOONS**

**SHEFFIELD'S
SWEET ENOUGH**

RECOMMENDED ADDED SUGAR PER DAY

**BABY
0-4 YEARS**

=

**0 ADDED
SUGAR**

**CHILDREN
4-6 YEARS**

=

**19
GRAMS**

**CHILDREN
7-11 YEARS**

=

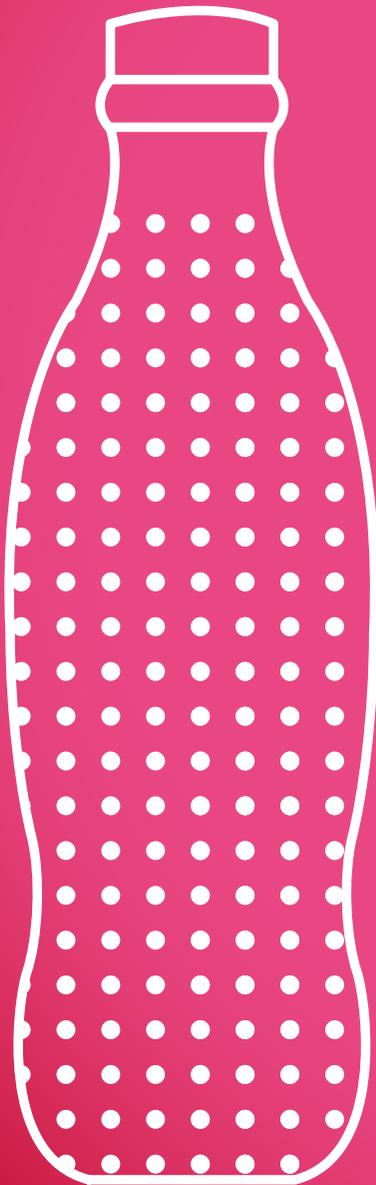
**24
GRAMS**

**ADULTS
11+ YEARS**

=

**30
GRAMS**

**SHEFFIELD'S
SWEET ENOUGH**

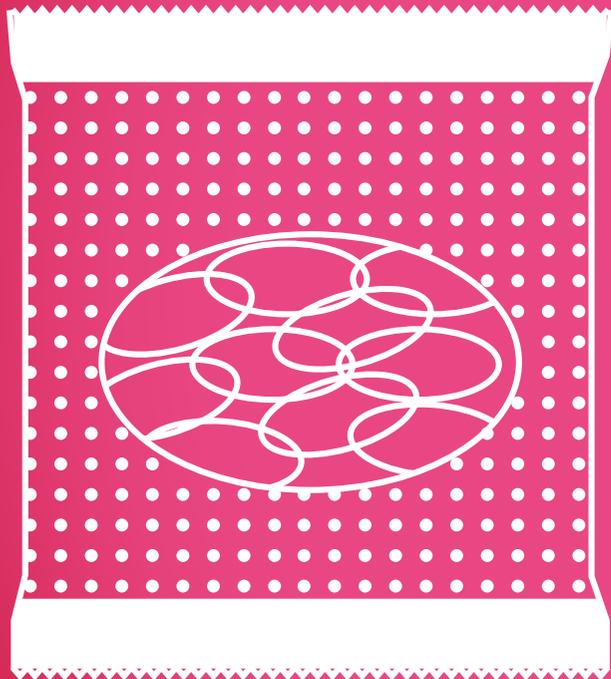


**500ML
BOTTLE
COLA**

=

**13.5
TEASPOONS
OF SUGAR**

**SHEFFIELD'S
SWEET ENOUGH**

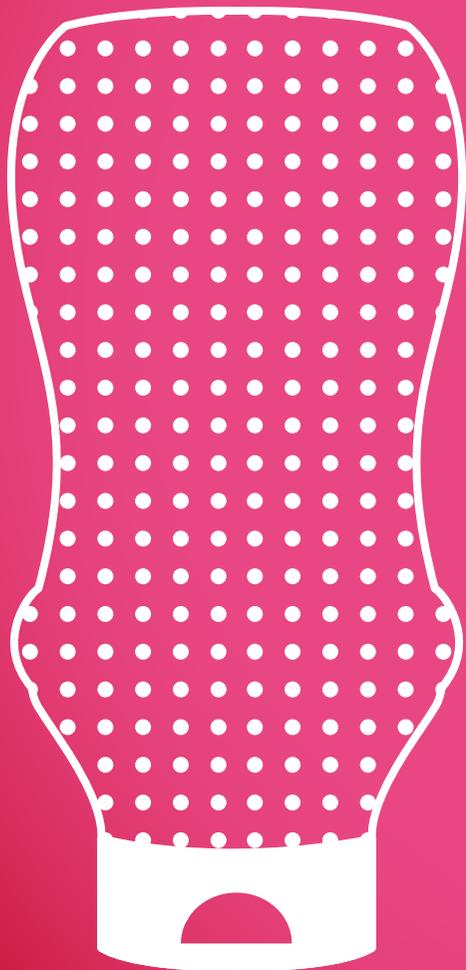


**40G BAG
OF SWEETS**

=

**10
TEASPOONS
OF SUGAR**

**SHEFFIELD'S
SWEET ENOUGH**



1

**TABLESPOON
KETCHUP**

=

1

**TEASPOON
OF SUGAR**