

One rounded teaspoon (tsp.) of sugar weighs approximately 5 grams. Bar, packet etc. sizes are those most common to the product unless otherwise stated.

HOW MUCH SUGAR?		Sugar (g)	
Product Portion Tsp(s) of Sugar			
Confectionary			
Milk Aero*	1 Bar	3 ½	17.5g
Chocolate Buttons*	Small Packet	3 ½	18.1g
Dolly Mixtures	1/2 of 100g Packet	8	40g
Fruit Pastilles	1 Tube	3	15g
Fruit-tella*	1 Packet	4 ½	22.55g
Haribo Starmix*	Fun-size Packet (10g)	1 ¼	6.34g
Maltesers	1 Packet	4	19.7g
Liquorice Allsorts	1/4 of 190g Bag	3	15.1g
Mars	1 Bar	6	29.7g
Milky Way	1 Bar	3	14g
Smarties*	1 Tube	2½	12.1g
Sun-Maid Raisins*	Small Box	4	20.5g
Twix*	2 Biscuits	4¾	24g
Spreads			
Chocolate /Choc Nut Spread	2 Tsp(s)	1 ¼	5.97g
Honey	2 Tsp(s)	1 ½	7.75g
Jam/Marmalade	2 Tsp(s)	1 ¼	6.95g
Peanut Butter (smooth)	4 Tsp(s)	¼	1.34g
Golden Syrup	2 Tsp(s)	1 ½	7.9g
Soft Drinks			
Cola	1 Can (500ml)	10¾	54.5g
Capri-Sun Orange*	1 Pouch (200ml)	4	20.1g

Drinking Chocolate	3 Tsps	1	4.95g
Fruit Shoot*Apple & Blackcurrant	1 Bottle (200ml)	4½	22g
Lemonade	1 Glass (250ml)	3	14.5g
Lucozade	1 Bottle (380ml)	11 ½	54.34g
Pure Fruit Juice (Average of orange, apple & pineapple)	Small Carton (200ml)	4	20.6g
Ribena	Carton (288ml)	5½	28.8g
Innocent Apple Juice for kids*	Carton (180ml)	3⅓	17.5g