

Where do you find added sugar?

Sugar tastes good, so manufacturers add it to many types of food. Put a tick beside any of the foods that you think contain added sugars.

Chocolate

digestive biscuits

Tinned pasta in tomato sauce

Baked beans

Tomato ketchup

Hot chocolate

Strawberry jam

Corn flakes

Cereal bars

Fudge

Margarine

Ice-cream

Frosted corn flakes

Tomato soup

Energy drinks

Answer: Only the margarine is likely to have no added sugar. Out of the other foods, the sweet foods are likely to have high levels of added sugar. The savoury foods probably contain a bit of sugar too, to boost the flavour.

