Chewonthis.org.uk

How much sugar do you need?

A teenage boy aged between 11 and 14 should aim to eat no more than 65 grams (65g) sugar in one day (about 13 teaspoons). A teenage girl aged between 11 and 14 should aim to eat no more than 54g sugar in one day (just under 11 teaspoons). Girls are often a bit smaller than boys, so don't need quite as much energy.

But look how easy it would be to eat too much in just one or two products:

- A normal can of cola contains about 35g of sugar.
- A medium bottle of fizzy drink can contain between 50g and 70g of sugar.
- A normal bottle of 'energy drink' can contain about 68g of sugar.
- A bowl of high-sugar cereal contains about 12g of sugar.
- A normal bar of chocolate contains about 30g of sugar.

However, many food companies, including soft drinks companies, sweet makers and chocolate companies, continue to argue that it is safe to eat more sugar.

Why do you think the food companies say that?

This activity sheet can be copied for educational not-for-profit purposes. Produced by the Food Commission Research Charity, campaigning for healthier food for everybody. Find out more at the website: www.chewonthis.org.uk