Some examples of added sugars in foods

Unhealthy option

- 30g of chocolate cereal contains 2.75 teaspoons of added sugar

- 42g muesli bar contains 2.3 teaspoons of added sugar

- 25g sweet biscuits (about 13 bite-sized pieces) contains 1.6 teaspoons of added sugar

- 250ml of 100% fruit juice contains 5 teaspoons of sugar

Healthier option

- 30g serve of wheat biscuit cereal contains less than 0.25 teaspoon of added sugar

- Whole fruit contains no added sugar

- Four wholegrain crackers with cheese contain less than 0.25 teaspoon of added sugar

- Tap water means no added sugar


Metro North and Metro South Oral Health Services welcome all children 0 to 17 years of age referred by CYCHS - Child Health Service. For more information contact Oral Health Services.

Phone: 1300 300 850


A joint initiative between Metro North and Metro South Hospital and Health Services and Children’s Health Queensland.