



SUGAR CONTENT IN FOOD

INDUSTRIAL CAKE 1 SLICE



33g



BREAKFAST CEREALS WITH ADDED SUGAR 1/2 CUP



20g



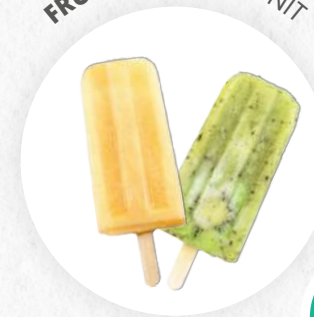
MILK CHOCOLAT 4 SQUARES



10,3g



FRUIT POPSICLE 1 UNIT



7,2g



ICECREAM TUB 1 SCOOP



21g



RED VELVET CAKE 1 SLICE



25g



SHORTBREAD FINGER 1 UNIT OF 15G



2,6g



CEREAL BAR 1 UNIT OF 37 G



10g



= full teaspoon of sugar (5 g)



An adult should consume a maximum of 50 g of sugar per day, but the ideal is **not to exceed 25 g** [5 teaspoons].