



















SUGAR FACTS

Sugar consumption	WHO-recommended daily sugar intake for children and adults	Sugar content per 100g of various foods
<p>Average sugar and sweetener consumption per person per day in 2011:</p> <p>109g global </p> <p>166g USA </p>	<p>Strong recommendation</p> <p>No more than 10% of total energy intake: ~50g or 10 teaspoons.</p> <p>10% </p> <p></p>	<p>Chocolate-coated biscuits 45.8g </p> <p>Frosted cornflakes 37g </p> <p>Tomato ketchup 27.5g </p>
<p>Only 19 countries consume less than 25g per person per day.</p>	<p><25g </p> <p></p>	<p>Stir-in sweet and sour sauce 20.2g </p>
<p>65 countries consume more than 100g per person per day.</p>	<p>>100g </p> <p></p> <p>Additional recommendation</p> <p>No more than 5% of total energy intake: ~25g or 5 teaspoons.</p> <p>5% </p> <p></p>	<p>Salad cream 16.7g </p> <p>Fruit yoghurt 16.6g </p> <p>Coca-Cola 10.9g </p> <p>Sweetened fruit juice 9.8g </p>

From *The Challenge of Oral Disease – A call for global action* by FDI World Dental Federation.
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