## SUGAR FACTS

### WHO-recommended daily sugar intake for children and adults

- **Strong recommendation**: No more than 10% of total energy intake: ~50g or 10 teaspoons.
- **Additional recommendation**: No more than 5% of total energy intake: ~25g or 5 teaspoons.

Only 19 countries consume less than 25g per person per day.

65 countries consume more than 100g per person per day.

### Sugar content per 100g of various foods

- **Chocolate-coated biscuits**: 45.8g
- **Frosted cornflakes**: 37g
- **Tomato ketchup**: 27.5g
- **Stir-in sweet and sour sauce**: 20.2g
- **Salad cream**: 16.7g
- **逖ruit yoghurt**: 16.6g
- **Coca-Cola**: 10.9g
- **Sweetened fruit juice**: 9.8g