

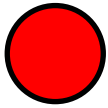
## Easy Squeeze Pouches/Snacks and Oral Health

Easy squeeze baby food pouches and snacks have risen in popularity among parents due to convenience. However, they may contain high levels of sugar. When sucked from the pouch, the food spends more time in contact with baby teeth which puts teeth at risk of dental decay.

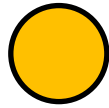
### Sugar Swaps

Fruit based pouches/jars are much higher in sugar than those containing vegetables.

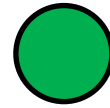
To reduce sugar intake try these lower sugar options. **4g = 1 teaspoon (tsp) of sugar**



1 pouch (90g) has 10.1g/2 ½ tsps



1 jar (120g) has 6.5g/1 ½ tsps



Strawberry Puree

1 portion (44g) has 0.5g/⅛ tsp



1 bar (17g) has 9.2g/2 ¼ tsps



1 bag (20g) has 2.5g/½ tsp



1 bag (12g) has <0.5g/<⅛ tsp



1 pouch (113g) has 9g/2 ¼ tsps



1 pouch (100g) has 1.4g/less than ½ tsp



Broccoli Puree

1 portion (50g) has 0.8g/⅓ tsp