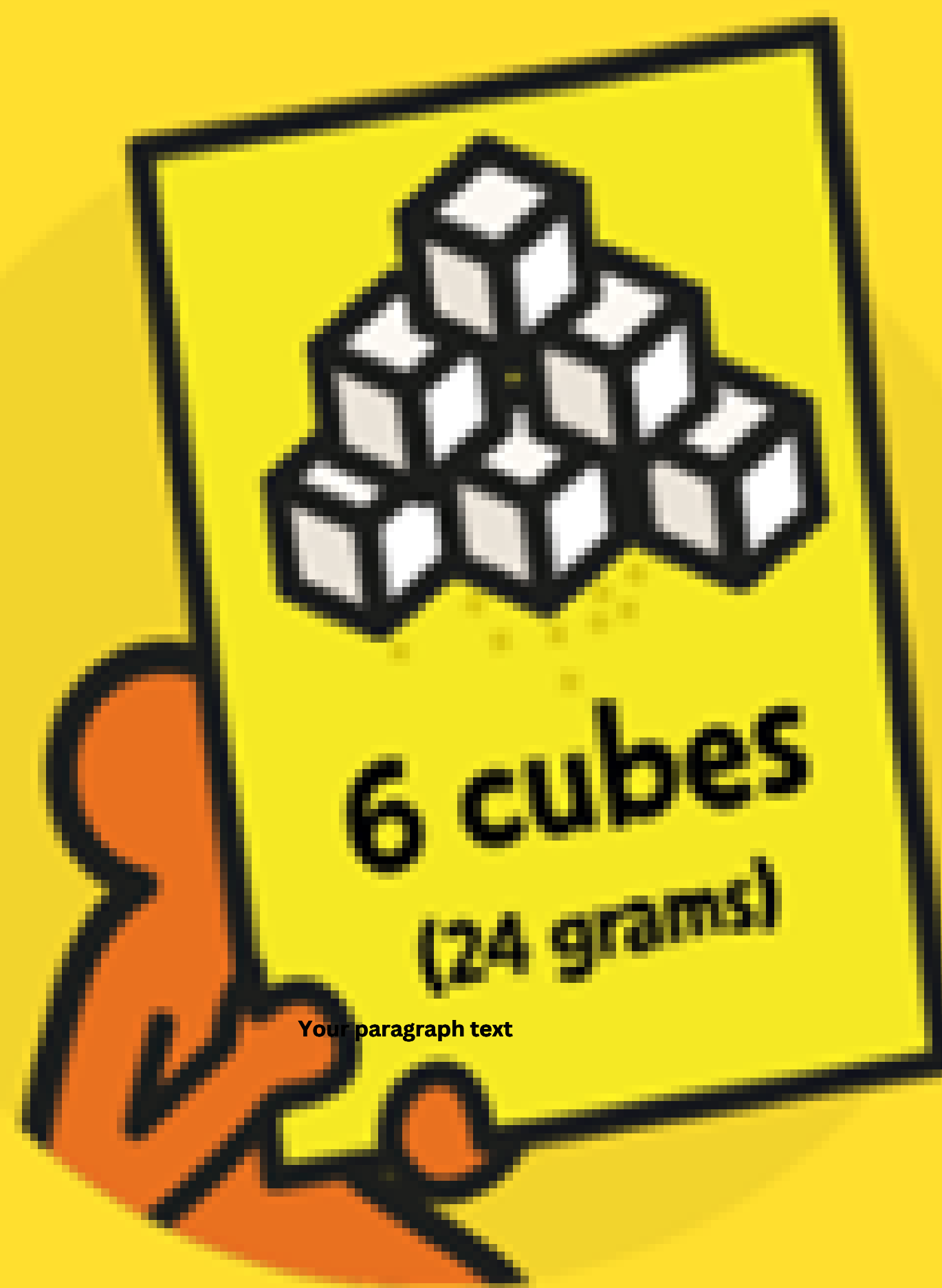


WHAT'S YOUR SUGAR INTAKE?

To keep our teeth and gums healthy we should reduce the amount of sugar we consume. The maximum recommended daily amount of sugar is:



4 to 6 years old: 19 grams (5 cubes)



7 to 10 years old: 24 grams (6 cubes)



11 and older: 30 grams (7 cubes)



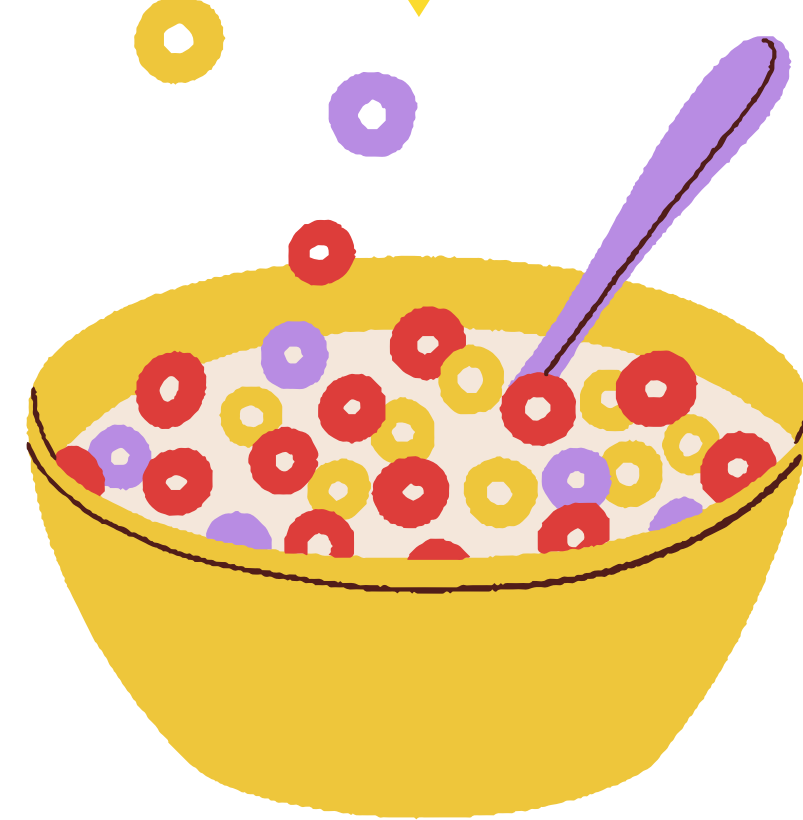
= 9g (per half can)

+



= 10g (per 250ml)

Total 19g



= 13g (per 30g)

+



= 11g (per bar)

Total 24g



= 22g (per 250ml)

+



= 8g (per pot)

Total 30g