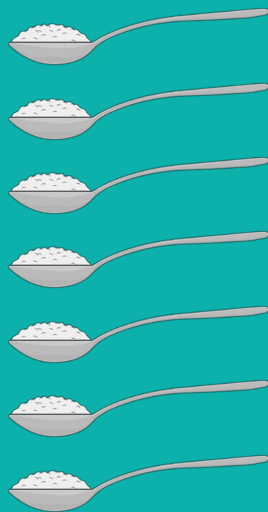


Recommended Maximum Amounts Of Sugar Per Day

To include sugar in a healthy diet, it is recommended for everyone to avoid sugar sweetened beverages and limit food with added sugar.

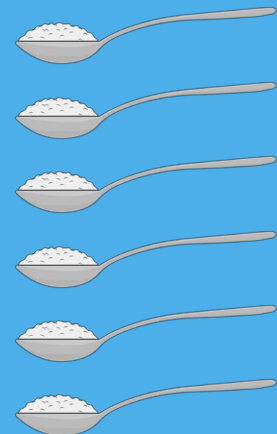
Everyone aged 11+

30g



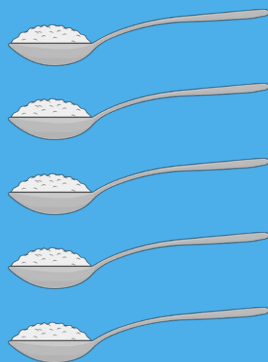
Children aged 7-10

24g



Children aged 4-6

19g



Children under 4

**Avoid:
Sugar Sweetened Drinks
Food with added sugar**

