

Swap Your Snacks!

Fresh fruit and vegetables are great snacks for keeping our teeth healthy, but what if you fancy something different?



Swap This:	To This:	And Save:
Cereal Bar 19.1g sugar per 50g bar (38%)	Flavoured Oatcakes 0.4g sugar per 62g bag (1%)	18.7g sugar = 3 ³/₄ Teaspoons
Raisins* 20.8g sugar per 30g serving (69%)	Mixed Nuts 0.9g sugar per 30g serving (3%)	19.9g sugar = 4 Teaspoons
Yoghurt Coated Strawberry Flakes* 13.7g sugar per 25g serving (55%)	Mini Breadsticks 1.1g sugar per 25g serving (1%)	12.6g sugar = 2 ¹/₂ Teaspoons

<p>Digestive Biscuits 5g sugar in two 15g biscuits (17%)</p>	<p>Sweet Chilli Crispbreads 0.8g in two 12.5g slices (3%)</p>	<p>4.2g sugar = 1 Teaspoon</p>
<p>Chocolate Coated Wafer Bar 26g sugar per 50g bar (51%)</p>	<p>Toasted Bagel 5.1g sugar per 85g bagel (6%)</p>	<p>20.9g sugar = 4 Teaspoons</p>
<p>Fun Size Chocolate Bar 14.6g sugar per 21.9g bar (67%)</p>	<p>Reduced Fat Cheese Triangles 2g sugar in two 17.5g triangles (6%)</p>	<p>12.6g sugar = 2 ½ Teaspoons</p>
<p>Honey Nut Cereal 10g sugar per 40g bowl (25%)</p>	<p>Porridge 0.4g sugar per 40g bowl (1.1%)</p>	<p>9.6g sugar = 2 Teaspoons</p>

* Whilst dried fruit contains vitamins and fibre which are good for our bodies, it also contains a lot of sugar, so is best kept to mealtimes only.

And for the kids...

Swap This:	To This:	And Save:
School Fruit Bars 9g sugar per 20g bar (45%)	Baked Crisps 1.6g sugar per 25g bag (6.5%)	7.4g sugar = 1 ½ Teaspoons
Rice Squares Bar 9g sugar per 20g bar (32%)	Salt and Vinegar Snack A Jacks 0.5g sugar per 26g bag (2%)	8.5g sugar = 1 ¾ Teaspoons
Mini Jaffa Cakes 13g sugar per 24g box (53%)	Dairylea Dunkers with Nachos 2.7g sugar per 42.5g box (6%)	10.3g sugar = 2 Teaspoons
Mini Choc Chip Cookies 10.5g sugar per 30g bag (35%)	Plain Popcorn 0.1g per 30g serving (1%)	10.4g sugar = 2 Teaspoons