

Three different sources of sugars that make up our total dietary 'sugar burden'; shown as 4g teaspoon of table sugar equivalents*

1 Naturally occurring sugars	2 Foods with added sugars	3 Foods digested down into sugars
Banana 4.9 teaspoons/100g	Chocolate rice crispies 24.4 teaspoons/100g	Brown bread 10.8 teaspoons/100g
Honey 17.6 teaspoons/100g	Fizzy orange (1/3 can) 1 teaspoon/100ml	Boiled spaghetti 3.7 teaspoons/100g
Skimmed Milk 0.9 teaspoons/100ml	Digestive biscuits 8.8 teaspoons/100g	French fries 5.1 teaspoons/100g
Raisins 17.1 teaspoons/100g	Malt loaf 14.7 teaspoons/100g	Basmati rice 6.8 teaspoons/100g
Apple juice 4.3 teaspoons/100ml	Raspberry yoghurt 2.4 teaspoons/100g	Baked potato 6.3 teaspoons/100g

*As each food would effect blood glucose, from the International tables of glycaemic index and glycaemic load (Atkinson, Foster-Powell et al. 2008) as per the calculations in a paper published in The Journal of Insulin Resistance 'It's the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited.' D J Unwin et al.