

# 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
<b>Banana</b> 4.9 teaspoons/100g	<b>Chocolate rice crispies</b> 24.4 teaspoons/100g	<b>Brown bread</b> 10.8 teaspoons/100g
<b>Honey</b> 17.6 teaspoons/100g	<b>Fizzy orange</b> (1/3 can) 1 teaspoon/100ml	<b>Boiled spaghetti</b> 3.7 teaspoons/100g
<b>Skimmed Milk</b> 0.9 teaspoons/100ml	<b>Digestive biscuits</b> 8.8 teaspoons/100g	<b>French fries</b> 5.1 teaspoons/100g
<b>Raisins</b> 17.1 teaspoons/100g	<b>Malt loaf</b> 14.7 teaspoons/100g	<b>Basmati rice</b> 6.8 teaspoons/100g
<b>Apple juice</b> 4.3 teaspoons/100ml	<b>Raspberry yoghurt</b> 2.4 teaspoons/100g	<b>Baked potato</b> 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.