



PATIENT INFORMATION

DIET AND SUGAR

As a rough guide, try to keep to 11 teaspoons of sugar per day and eat foods containing sugar at meal times only.

<u>PRODUCT</u>	<u>1 PORTION</u> <u>Amount</u>	<u>SUGAR PER</u> <u>PORTION</u> <u>Teaspoon</u>	<u>PRODUCT</u>	<u>1 PORTION</u> <u>Amount</u>	<u>SUGAR PER</u> <u>PORTION</u> <u>Teaspoon</u>
<u>Desserts</u>			<u>Soft Drinks</u>		
Angel delight	1 packet	8	Slush Puppie	1 small cup	6.5
Ice Cream	Family block	9	Blackcurrant	4fl ozs	4
Dream Topping	1 sachet	2	Cordial		
Choc Sauce	3 teaspoons	2	Bitter Lemon	1 glass	4
Instant Custard	1 packet	7	Coca Cola	1 can	7
Instant Whip	1 packet	1.5	Ginger Ale	1 glass	3
Jelly	1 packet	19	Lemonade	1 glass	3.5
Fruit in Syrup	1 small tin	5	Orange Squash	1 glass	2.5
Trifle Mix	1 packet	3.5	Lucozade	1 glass	8
Fruit Yoghurt	1 small carton	4.5	Ribena	1 glass	5
Rice Pudding	1 tin	2.5	Tizer	1 glass	4.5
			Tonic Water	1 glass	2.5
			Vimto	1 glass	3
 <u>Biscuits</u>			 <u>Spreads</u>		
Choc Digestive	1 biscuit	2	Choc Spread	2 teaspoons	2.5
Choc Wafer	1 biscuit	1	Honey	2 teaspoons	2.5

Digestive	1 biscuit	0.5	Jam	2 teaspoons	2.5
Gingernuts	1 biscuit	1	Lemon Curd	2 teaspoons	2
Jaffa Cakes	1 biscuit	1.5	Marmalade	2 teaspoons	2.5
Lincoln	1 biscuit	0.5	Syrup	2 teaspoons	2.5
Rich Tea	1 biscuit	0.5	Treacle	2 teaspoons	2.5
Savory Cracker	1 biscuit	Trace	Peanut Butter	2 teaspoons	0.5
Shortcake	1 biscuit	1			

Tinned Vegetables

Baked Beans	1 med tin	2
Peas	1 small tin	0.5
Sweetcorn	1 med tin	1.5

Sauces & Pickles

Brown Sauce	3 teaspoons	1
Salad Cream	3 teaspoons	0.5
Sweet Pickle	3 teaspoons	1
Tomato Ketchup	3 teaspoons	1



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Confectionery

Aero	1 bar	4
Boiled sweets	1 tube	10
Milk Chocolate	1 small bar	6

Cakes

Sponge Cake	1 med slice	0.5
Scones:	1 scone	0.5
Cheese/Plain	1 scone	0

Plain Chocolate	1 small bar	6
Crunchie	1 bar	6
Dolly Mixtures	1 box (4oz)	20
Fruit gums	1 tube	3
Fruit Pastilles	1 tube	6.5
Kit Kat	1 small bar	4
<u>Liquorice</u>		
Allsorts	1 box (4oz)	18
Snickers	1 bar (std)	4
Maltesers	1 pkt (std)	2.5
Mars Bar	King size	5
Milky Way	1 bar (std)	1.5
Murray Mints	1 tube	10
Polo Mints	1 tube	5
Smarties	1 tube	4.5
Topic	1 bar (std)	3.5
Twix	2 biscuits	3.5
Yorkie	1 bar	6

Soups

Tinned Tomato	1 bowl	1
Minestrone	1 packet	0.5

Sandwich Cake	1 med slice	4.5
Lemon		
Meringue Pie	1 med slice	3.5
Currant Buns	1 bun	1.5
Chocolate Cake	1 med slice	2

Beverages

Bournvita	3 teaspoons	1.5
Hot Chocolate	3 teaspoons	2.5
Horlicks	3 teaspoons	1
Ovaltine	3 teaspoons	1

Cereals

Muesli (with Sugar)	2 tablespoons	2
Sugar Puffs	6 tablespoons	0.5
Cornflakes	6 tablespoons	0.5
All Bran	3 tablespoons	1