

Sugar.

Foods with high sugar content that you think are healthy.

Yoghurts

Muesli bars including the ones in the health food section.

Juices

White breads and flours

Cereals

Bars in the health food section

Always check the sugar content of anything you buy. Be a label reader and understand what you are putting into your body. Below is a chart that can be used as a guide for daily intake, though I would recommend eating as little sugar as possible.

What's a lot... Total fat More than 20 g per 100g

Sugar 15g per 100g

What's a little... Total fat Less than 3g per 100g 1

Sugar 5g or less per 100g

Recommended Guideline Daily Amounts
(based on the average female adult)

Total fat 70g Sugar 90g