

**LOLLIES/SWEETS/DRINKS AND ORAL HEALTH**

Iced lollies, sweets and drinks often contain high levels of sugar. When sucked the sugar spends more time in contact with your teeth which puts them at risk of dental decay. To reduce sugar intake try some of these lower sugar options. **4g = 1 teaspoon (tsp) of sugar**

**High Sugar**

**Moderate Sugar**

**Sugar Free**



1 bag has  
18.7g/2 ¾ tsp



1 lolly has  
7g/1 ½ tsp



1 lolly has  
0g/0 tsp



1 lolly has  
12g/3 tsp



1 lolly has  
4.24g/1 ¼ tsp



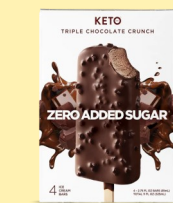
1 ice pop has  
0g/0 tsp



1 lolly has  
22g/5 ½ tsp



1 cone has  
5.7g/1 ½ tsp



1 lolly has  
0g/0 tsp



1 500ml bottle has  
11.2g/2 ¾ tsp



1 500ml bottle has  
2g/½ tsp



1 500ml bottle has  
0g/0 tsp