INGREDIENTS



Plain pasta
bowl
½tsp



Noodles
portion
none



Rice
none



Plain couscous
serving
¼tsp



Red lentils
serving
none



Tomato puree
heaped tablespoon
1tsp



Chickpeas
tin
¼tsp



Olive oil
none



Balsamic vinegar
tablespoon
1tsp



Gravy granules
none



Mustard
none



Pistachio nuts
handful
½tsp



Sunflower or pumpkin seeds
handful
¼tsp



White wine vinegar
none



Butter
none



Double cream
2 tablespoons
¼tsp



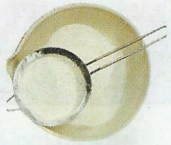
Ricotta cheese
100g
1tsp



Parmesan cheese
grated per teaspoon
none



Golden syrup
tablespoon
3tsp



Flour
100g
¼tsp

Compiled by LOUISE ATKINSON. Picture research by JOANNA BRIDGER

Daily Mail

HOW MUCH SUGAR IS IN YOUR FOOD?

The definitive guide to the hidden sugar in your family's shopping basket



HANDY SIZE TO FIT IN YOUR HANDBAG

This magazine can help you change the way you shop

THE NEW nicotine. A ticking time-bomb. The root cause of our obesity epidemic. Every day seems to bring a fresh warning that sugar, not fat, is the biggest threat to your weight and health – but what can you do to tackle it?

Well, you can start with this indispensable 32-page magazine which will help you discover just how much sugar you're eating. We've scrutinised the small print of more than 500 foods and drinks to bring you this at-a-glance guide. Clear, simple and full of valuable information, it could change the way you shop for ever.

Just a few months ago, a group of eminent doctors and academics said sugar was as addictive and dangerous as cigarettes.

Why are they so concerned? Well, it's not just because we're eating too many cakes. It's because the food industry has adopted a 'sugar-by-stealth' approach. You might expect a cream cake to be packed full of sugar, but what about Heinz tomato soup? Shockingly, it contains no fewer than four teaspoons of sugar per serving.

It's because such quantities have made their way into everything from bread to fat-free yoghurts that so many of us from out-and-out sugar addiction without even knowing it.

SUGAR'S TERRIFYING TOLL ON YOUR HEALTH

THERE'S not a moment to waste in conquering your addiction. Studies link high-sugar diets to diabetes, kidney disease, cancer, heart disease, Alzheimer's and premature ageing. So much so that the World Health Organisation recently warned it may slash its daily guideline amount of ten teaspoons of sugar to just five. If you don't spoon sugar into your tea and prefer toast to cereal in the morning, five a day probably sounds manageable.

But manufacturers are hiding sugar in so many foods to make them more appealing that it is very difficult to avoid. Soups, pasta sauces, coleslaw and dressings can all contain as much sugar as sweet treats. No wonder the statistics show people can easily consume as many as 50 teaspoons of sugar a day.

And it's not just granulated sugar. Refined carbohydrates, such as bread and pasta, are also rapidly turned into sugar by our bodies.

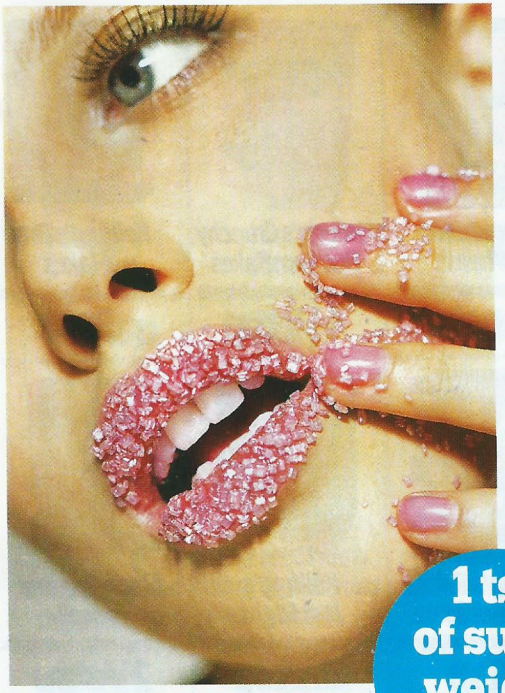
So what does sugar do to us? Well, when we eat something sugary, our blood sugar levels rise, triggering the pancreas to release the hormone insulin. Insulin is good because it controls the sugar riot in your bloodstream. But it's also bad because it speeds the conversion of sugar into fat and deposits it around your belly. These fats, known as triglycerides, spill into the bloodstream, raising the risk of clogged arteries and heart attacks.

FIVE SURPRISING VILLAINS

- **Banana - 7 tsps**
- **Heinz Baked Beans - 5 tsps per tin**
- **Sushi - 5 ½ tsps per portion**
- **Raisins - 7 tsps per mini pack**
- **Swede - 8 ½ tsps**

FIVE SURPRISING SAINTS

- **Dry white wine - ¼ tsp per large glass**
- **Dark chocolate - 3 tsps per 100g**
- **Peanut butter - ¼ tsp per tbsp**
- **Soft scoop vanilla ice cream - 1 tsp per scoop**
- **Fish fingers - none**



1 tsp of sugar weighs 4 grams

WHY IT'S SO HARD TO CUT BACK...

CUTTING back on sugar is hard not just because of its addictive nature, but because you often need a magnifying glass and a calculator to work out how much of it is in your food. Sugar content is usually tucked away somewhere on the label or in a corner of the company's website. It helps to look out for 'of which sugars' on the ingredients list.

But many companies quote sugar content per 100g or 100ml and leave it up to you to work out how much that equates to per portion.

Just look at breakfast cereals — many will quote the sugar content for 30g, which is half the size of a portion most of us tuck in to every morning.

...BUT YOU CAN DO IT

SUGAR dulls our taste buds over time — so we need more and more to achieve the same hit.

But happily the reverse is also true. When you cut back, your taste buds will rapidly become more sensitive, and you'll find savoury foods — even vegetables — start to taste delightfully sweet.

You can minimise sugar's effect by combining it with protein (meat, cheese, eggs, beans or lentils) and healthy fats (olive oil, coconut oil, avocados, nuts and seeds). This slows digestive processes, so your blood sugar doesn't spike so erratically.

But be warned: in the quest to cut back, it can be tempting to switch to artificial sweeteners. But doctors say these can confuse your tastebuds, stimulating appetite and sugar-cravings.

Remember you're only supposed to have TEN teaspoons of sugar per day

TURN THE PAGE FOR YOUR AT-A-GLANCE GUIDE TO HOW MUCH YOU'RE ACTUALLY EATING

BREAKFAST



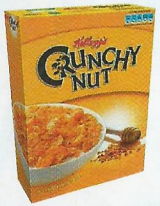
Kellogg's Fruit 'n Fibre
50g bowl not including milk
3tsp



Weetabix
2 biscuits not including milk
½tsp



Shredded Wheat
2 biscuits not including milk
none



Kellogg's Crunchy Nut Cornflakes
50g bowl not including milk
4½tsp



Kellogg's Bran Flakes
50g bowl not including milk
3tsp



Special K
50g bowl not including milk
2tsp



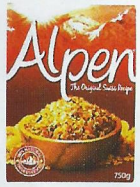
Kellogg's All-Bran Golden Crunch
50g bowl not including milk
2½tsp



Kellogg's Raisin Wheats
50g bowl not including milk
2tsp



Kellogg's Just Right
50g bowl not including milk
2½tsp



Alpen Original muesli
50g bowl not including milk
2½tsp



Special K Multi-Grain porridge
50g bowl not including milk
3tsp



Porridge oats
without milk
none



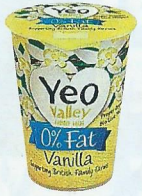
Milk (pint)
2.5tsp



Nutri-Grain blueberry breakfast bar
3tsp



Alpen strawberry yoghurt bar
2½tsp



Yeo Valley 0% fat vanilla yoghurt
small pot
5tsp



Croissant
2tsp



Pain au raisin
5tsp



Danish pastry
4tsp



Waitrose choc chip brioche rolls
Each
1½tsp



Kellogg's Frosties
50g bowl not including milk
4½tsp



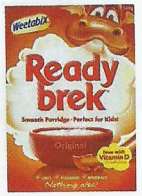
Nestle Cheerios
50g bowl not including milk
3tsp



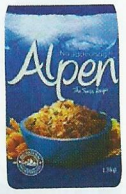
Kellogg's Coco Pops
50g bowl not including milk
4½tsp



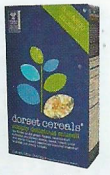
Nestle Shreddies
50g bowl not including milk
2tsp



Ready Brek original
50g bowl not including milk
¼tsp



Alpen no-added sugar muesli
50g bowl not including milk
2tsp



Dorset Cereals Simply Delicious Muesli
50g bowl not including milk
1½tsp



Sainsbury's Fruit and Nut Muesli
50g bowl not including milk
3tsp



Jordan's Super Berry Granola
50g bowl not including milk
2½tsp



Oat So Simple Apple and Blueberry porridge pot
4tsp



Jordans Fruit & Nut multigrain breakfast bar
3tsp



Belvita milk and cereals breakfast biscuit
mini pack of 4
2½tsp



Oat So Simple morning bars
1½tsp



Rachel's organic low-fat rhubarb yoghurt small pot
5tsp



Yeo Valley 0% fat natural yoghurt
small pot
3tsp



Brown bread slice
0.25tsp



White bread slice
0.25tsp



Egg
0.25tsp



Bacon
none



Hash browns
none

LUNCH



Heinz baked beans
one tin
5tsp



Heinz baked beans reduced sugar and salt
one tin
3tsp



Jacket potato with cheese and beans
1tsp



Pret a Manger Edam salad sandwich
1tsp



Sainsbury's Be Good To Yourself tuna salad sandwich
1½tsp



Boots Shapers BBQ wrap
3tsp



McDonald's Big Tasty beef burger
3tsp



Heinz Cream of Tomato soup
300g tin
5tsp



Heinz Country Veg Big Soup
can
3½tsp



New Covent Garden Minestrone soup
half carton
2tsp



Tesco Finest Spinach and Pine Nut Pasta
½tsp



Tesco Healthy Living Tuna Crunch Wholemeal Pasta Salad
2tsp



Tesco Healthy Living Superfood Wholemeal Pasta Salad
2tsp



Tesco Healthy Living Prawn Noodle salad
3tsp



Tesco Falafel and Butternut Squash Salad
2½tsp



Sainsbury's sweet chilli noodle salad
pot
3½tsp



Quiche Lorraine
Large slice
½tsp



Pot Noodle Chicken and Mushroom
1tsp



Innocent Caribbean Veg Pot
4tsp



Marks & Spencer Coronation Chicken sandwich filler
4tsp



Sainsbury's pesto chicken on malted bread
1tsp



Waitrose Love Life you count egg mayo sandwich
1tsp



Costa chicken and roast pepper panini
2tsp



Starbucks roasted chicken salsa wrap
2.5tsp



Ham sandwich
½tsp



Sainsbury's Chantenay Carrot and Honey Roast Parsnip Soup
half pot
3½tsp



Marks & Spencer Fuller For Longer Lamb and Chickpea Soup
250ml
2tsp



Pret a Manger South Indian Tomato and Spice soup
2tsp



Pret a Manger Artisan Soup Bread
none



Prawn and pasta layered salad
portion
3tsp



Marks & Spencer Fragrant Crayfish and Mango Salad
4tsp



Waitrose roasted vegetable sunblush tomato and couscous salad
3½tsp



Waitrose crisp and classic Greek side salad
1tsp



Waitrose cheese and apple side salad
1tsp



Sainsbury's Four Bean Salad
Half Pot
¼tsp



Waitrose Essential reduced fat coleslaw
3 tablespoons
1tsp



Wholemeal pitta bread
per pitta
1tsp



Wholemeal bagel
per bagel
1tsp



Pret a Manger Deluxe Bento Box
2tsp



Tesco Mixed Sushi
5½tsp

DINNER



Tesco Indian Lamb Rogan Josh with pilau rice
half pack
2tsp



Waitrose Love Life you count Chicken Tikka Masala
3tsp



Marks & Spencer Fuller Longer Chicken Tikka Masala
2tsp



Tesco Healthy Living Vegetable Biryani
350g meal
3tsp



Innocent Thai curry veg pot
3tsp



Asda Chicken Piri Piri
3tsp



Sainsbury's British classic shepherd's pie
per pie
½tsp



Sainsbury's Taste the Difference shepherd's pie
per pie
2½tsp



Tesco Chicken leek and bacon pie
per pie
3 tsp



Pukka Pies Steak and Kidney Pie
per pie
¼tsp



Marks & Spencer Count On Us chicken in red wine and mushroom sauce
per portion
1½tsp



Aunt Bessie's toad in the hole
per portion
1tsp



Waitrose love life you count beef lasagne
400g pack
2½tsp



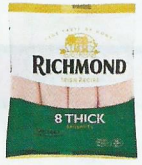
Waitrose spinach and riccota cannelloni
Pack
2tsp



Waitrose Italian Roast mushroom risotto
pack
none



Birds Eye Southern Fried Chicken
one portion
¼tsp



Richmond thick pork sausages
four sausages
¼tsp



McCain oven chips
none



Asda potato croquettes
3 croquettes
¼tsp



Birds Eye potato waffles
none



Sharwood's Sweet and Sour Chicken with rice
per pack
5½tsp



Sainsbury's Battered Sweet and Sour Chicken
half pack
7½tsp



Sharwood's Sweet Chilli Chicken with rice
one portion
8½tsp



Uncle Ben's Express egg fried rice
one pouch
½tsp



Tesco Jumbo Chicken Burrito
half pack
1½tsp



Sainsbury's Pub Specials steak & ale pies
per pie
½tsp



Young's Admiral's fish pie
per portion
1½tsp



Tesco pork roast dinner
per portion
1½tsp



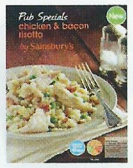
Tesco beef rib in ale gravy
per portion
1tsp



Asda Extra Special beef bourguignon
half pack
2tsp



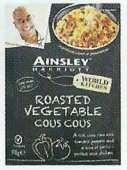
Tesco Healthy Living Primavera Risotto
300g meal
2tsp



Sainsbury's Pub Specials chicken and bacon risotto
pack
1tsp



Tesco thin crust Hawaiian pizza
250g
4½tsp



Ainsley Harriot Couscous
per packet
1tsp



Birds Eye original beef burgers
per burger
¼tsp



Birds Eye Salmon Fillets with lemon and herb
none



Breaded scampi
Serving
½tsp



Tesco Chicken Supreme with rice
Serving
1tsp



Bisto Bangers and Mash
Serving
1tsp



Bake in the bag prawns with red Thai sauce
Serving
¼tsp

DESSERTS



Wall's Soft Scoop vanilla light ice cream
2 scoops
2tsp



Haagen-Dazs dulce de leche ice cream
2 scoops
5tsp



Ben and Jerry's cookie dough ice cream
small tub
7tsp



Viennetta
Slice
2½tsp



Del Monte raspberry smoothie ice lolly
4½tsp



Tesco strawberry cheesecake
slice
5½tsp



Tesco lemon meringue pie
1/4 pie
11tsp



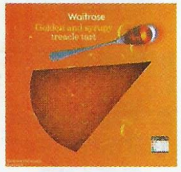
Chocolate fudge cake
slice
5tsp



McVitie's Tate & Lyle golden syrup cake
2 slices
5tsp



Lyons jumbo strawberry swiss roll
2 slices
6tsp



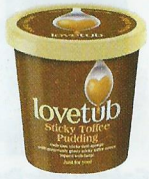
Waitrose treacle tart
slice
8½tsp



Heinz treacle sponge pudding
1/2 pudding
13tsp



Sainsbury's tiramisu
per pot
5½tsp



Lovetub sticky toffee pudding
per pot
9tsp



Gu-Zillionaire dessert
pot
7½tsp



Ambrosia low fat rice pudding
400g tin
9tsp



Angel Delight
One packet without milk
6½tsp



Tesco Finest salted caramel dessert sauce
Tablespoon
1½tsp



Hartley's ready to eat jelly
pot
6tsp



Hartley's ready to eat no added sugar jelly
pot
¼tsp



Wall's Solero
Per ice-cream
4tsp



Tesco jumbo toffee sundae
pot
11tsp



Tesco Healthy Living chocolate sundae
pot
4tsp



Sainsbury's apple tart
quarter tart
5tsp



Aunt Bessie's Bramley apple crumble
half
6tsp



Carrot cake
slice
6tsp



Victoria sponge cake
Slice
4½tsp



Lemon drizzle cake
Slice
8tsp



Bread and butter pudding
Large portion
3½tsp



Sainsbury's profiteroles with chocolate sauce
5 profiteroles
3½tsp



Gu-ey chocolate torte
slice
4½tsp



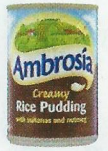
Waitrose Love Life you count Belgian chocolate sponge puddings
per pudding
6½tsp



Waitrose raspberry and sherry trifle
Half pot
3½tsp



St Pierre chocolate-filled crepes
two
6tsp



Ambrosia creamed rice pudding with sultanas and nutmeg
400g tin
8tsp



Tesco ready to serve custard
4 tablespoons
3½tsp



Tesco ready to serve low-fat custard
4 tablespoons
2tsp



Nestle Yorkie vanilla split pot yoghurt desserts
per pot
5tsp



Rachel's organic Greek style natural split pot raspberry
per pot
4tsp



Muller Corner de Luxe Creme Praline
130g pot
7tsp

SNACKS



Mars bar
51g
8tsp



KitKat
2 fingers
2½tsp



Twix
2 fingers
3tsp



Aero
30g bar
6tsp



Maltesers
37g
5tsp



Cadbury's Snack shortcake
each
1½tsp



McVitie's chocolate digestive
each
1tsp



McVitie's Jaffa Cakes
3 cakes
4½tsp



McVitie's Ginger Nut
each
1tsp



Mr Kipling Viennese whirls
each
2tsp



Tesco Finest quadruple chocolate chip cookie
each
2tsp



Fox's extremely chocolately cookies
each
2½tsp



Mini Oreo cookies
42g packet
4tsp



Belgian dark chocolate Florentines
half packet
9tsp



Fruity flapjack
each
8½tsp



Tracker roasted nut cereal bar
each
2tsp



Cadbury's raisin brunch bar
each
3½tsp



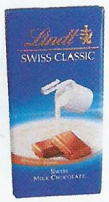
Nature Valley Trail Mix fruit & nut bar
each
1½tsp



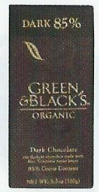
Nature Valley granola bars oats and honey
each
3tsp



Traidcraft mixed berries cereal Geo Bar
each
4½tsp



Lindt classic milk chocolate
100g bar
14tsp



Green and Black's 85% dark chocolate
100g bar
3tsp



Tunnock's caramel wafer
per bar
2½tsp



Cadbury's Dairy Milk biscuits
110g bar
8tsp



Cadbury's creme egg
6½tsp



Jammie Dodgers
3 biscuits
5tsp



Fig Rolls
3 biscuits
4tsp



Cadbury's chocolate mini rolls
each
3tsp



Cadbury's chocolate fingers
2 fingers
1tsp



Kellogg's Rice Krispies chocolate squares
each
3tsp



Marks & Spencer flapjack mini bites
per bite
1tsp



Waitrose rocky road bites
2 bites
2½tsp



Mrs Crimble's chocolate macaroons
per macaroon
5tsp



Pret a Manger oat, apple and raisin cookie
each
8½tsp



Starbucks chocolate chunk cookie
each
4½tsp



Doves Farm Organic cereal bars fruity oat
each
4tsp



Nakd Cocoa Delight wholefood bar
each
4tsp



Go Ahead apple bakes
each
3tsp



Go Ahead crispy fruit slices
each
1tsp



Fabulous Baking Boys chunky berry flapjacks
per flapjack
2½tsp

SNACKS



Starbucks carrot cake
slice
11tsp



Starbucks blueberry muffin
each
7tsp



Starbucks skinny blueberry muffin
each
8½tsp



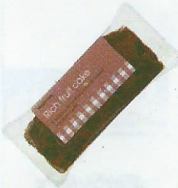
Sainsbury's double choc chip muffins
each
6tsp



Red velvet cupcakes
each
7tsp



Kingsmill pancakes
two pancakes
3tsp



Waitrose rich fruit cake
slice
6tsp



Soreen fruity malt loaf
2 slices
4tsp



Doritos
half a pack
1tsp



Pringles original
half tube
¼tsp



Kettle vegetable chips
packet
5tsp



Sainsbury's cheese twists
packet
1tsp



Kellogg's Special K cracker crisps chilli
half pack
½tsp



Snack a Jacks caramel
per rice cake
1tsp



Nairn's oatcakes
per oatcake
none



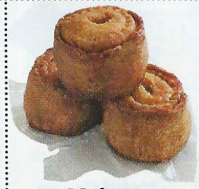
Marks & Spencer jalapeno chilli salsa dip
half jar
3tsp



Sainsbury's soured cream and chive dip
1/3 jar
⅕tsp



Doritos dip nacho cheese
1/3 jar
1tsp



Melton Mowbray mini pork pie
each
¼tsp



Philadephia with Cadbury snack
50g pot
3½tsp



Bonne Maman Madeleines
each
1½tsp



Krispy Kreme glazed donut
each
3tsp



Hot cross bun
each
3½tsp



Kingsmill Fruit & Fibre bagel
each
2½tsp



Warburton's crumpet
each
¼tsp



Pringles Xtra Kickin sour cream and onion
half a tube
1tsp



Mini Cheddars
pack
½tsp



Jacob's Twiglets
none



Walkers Sensations Thai sweet chilli crisps
175g bag
1½tsp



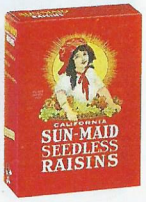
Kettle Chips sour cream and sweet onion
packet
1tsp



Kallo rice cakes
per cake
none



Almonds
handful
½tsp



Sunmaid Raisins
Snack pack
7tsp



Peanuts
handful
½tsp



KP honey roast peanuts
180g bag
7½tsp



Hummus
small pot
none



Cornetto
each
3½tsp



Magnum
each
4½tsp



Fox's caramel Rocky
each
2tsp



Mini Scotch eggs
none

SAUCES / SPREADS



Heinz tomato ketchup
tablespoon
1tsp



Heinz reduced sugar and salt ketchup
tablespoon
½tsp



Tesco Finest tomato ketchup
tablespoon
1½tsp



HP sauce
tablespoon
1tsp



Branston fruity sauce
tablespoon
1tsp



Mary Berry's light salad dressing
tablespoon
1tsp



Colman's tartare sauce
tablespoon
½tsp



Lea & Perrins Worcestershire sauce
tablespoon
¼tsp



Ocean Spray cranberry sauce
tablespoon
5tsp



Tesco Finest British redcurrant sauce
tablespoon
1½tsp



Coconut oil
none



Honey
tablespoon
3tsp



Marmalade
tablespoon
3tsp



Waitrose reduced sugar marmalade
tablespoon
1½tsp



Hartley's best strawberry jam
tablespoon
2tsp



Seeds of Change organic Bolognese pasta sauce
half jar
5½tsp



Lloyd Grossman Tikka Masala sauce
half jar
3½tsp



Patak's Tikka Masala Sauce
half jar
2½tsp



Discovery Mexican fajita season and sauce
third of a jar
2½tsp



Coleman's chilli con carne casserole mix
per packet
3tsp



Hellmann's mayonnaise
tablespoon
none



Heinz sticky barbecue sauce
tablespoon
1½tsp



Heinz salad cream
tablespoon
½tsp



Heinz extra light salad cream
tablespoon
¼tsp



Hellmann's French dressing
tablespoon
¼tsp



Nando's extra extra hot peri-peri sauce
tablespoon
none



Blue Dragon sweet chilli sauce
tablespoon
1½tsp



Tesco balsamic vinegar glaze
tablespoon
2tsp



Coconut milk
tin
1tsp



Olive oil
none



St Dalfour no added sugar raspberry and pomegranate jam
tablespoon
2tsp



Peanut butter
tablespoon
¼tsp



Nutella
tablespoon
2tsp



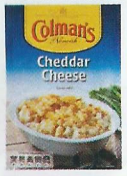
Lloyd Grossman Thai green curry sauce
half jar
2tsp



Homepride chilli cook in sauce
1/3 jar
4tsp



Schwarz authentic mix for spaghetti carbonara
per packet
1½tsp



Coleman's Cheddar Cheese sauce mix
per packet
1tsp



Tuna and sweetcorn sandwich filler
Half a pot
1½tsp



Chicken Tikka Sandwich Filler
Half a pot
1½tsp



Pate
tablespoon
½tsp

KIDS' FOODS



Farley's rusks
each
1tsp



Petits Filous strawberry and raspberry yoghurt
50g pot
1½tsp



Muller Kids Corner football yoghurts
per pot
6tsp



Kellogg's Rice Krispies Multi-Grain shapes
50g bowl
2tsp



Weetabix Weetos
50g bowl
3tsp



Nestle Cookie Crisp
50g bowl
4½tsp



Kellogg's Mini Max
50g bowl
2¼tsp



Kellogg's Chocolate Hazelnut Krave
50g bowl
3½tsp



Nestle Golden Nuggets
50g bowl
4½tsp



Sugar Puffs
50g bowl
4½tsp



Rubicon exotic mango juice drink
288ml carton
6½tsp



Waitrose pineapple juice
200ml carton
6tsp



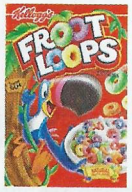
Nestle Cocoa Shreddies
50g bowl
2tsp



Lucky Charms
50g bowl
5tsp



Vimto no added sugar drink
250ml carton
½tsp



Kellogg's Froot Loops
50g bowl
3tsp



Capri-Sun blackcurrant
pouch
6tsp



Walkers baked crisps ready salted
25g
½tsp



Walkers ready salted crisps
25g
none



Ribena
200ml carton
5tsp



Laughing Cow cheese triangles
per triangle
¼tsp



Robinson's Fruit Shoot My5 apple and pear
bottle
4½tsp



Robinson's Fruit Shoot low sugar blackcurrant and apple
bottle
¼tsp



Skittles
55g pack
12tsp



Babybel cheese
none



Aero chocolate mousse
pot
3tsp



Nestle Milkybar dessert
pot
3½tsp



Fruittella summer fruits
pack
13½tsp



Frijj banana milkshake
bottle
2½tsp



Peperami lunchbox minis
none



Nutri-Grain
each
3tsp



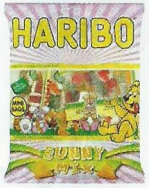
Dr Pepper
can
8tsp



Butterkist microwave popcorn
pack
1tsp



Wagon Wheels
each
3tsp



Haribo Bunny Mix
215g bag
26tsp



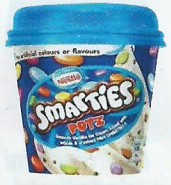
Monster Munch
bag
¾tsp



Fish fingers
none



Rowntree's Randoms
51g pack
7½tsp



Nestle Smarties ice cream pot
one mini pot
5½tsp



Skittles milkshake
350ml bottle
9tsp

KIDS' FOODS



Tesco strawberry milk
330ml bottle
8tsp



Innocent Fruity Water for kids
180ml carton
2tsp



Pret a Manger kids' cheese sandwich
½tsp



Tyrrells sweet and savoury popcorn
bag
4tsp



Cadbury popcorn
bag
18½tsp



Asda teeth and tooth brushes
60g bag
9tsp



Bassetts Liquorice Allsorts
190g bag
29½tsp



Bear Fruit mango/ pineapple nibbles
bag
4tsp



Dairylea Dunkers
47g pot
1tsp



Fruit Winders
per roll
1½tsp



Little cracker blackcurrant and cherry juice
carton
4tsp



Cow & Gate egg and custard baby food
jar
2tsp



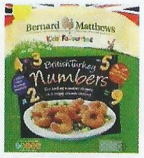
Hipp Organic rice pudding
jar
2tsp



Asda kids cottage pie
per portion
1½tsp



Asda kids spaghetti bolognese
per portion
1tsp



Bernard Matthews British Turkey Numbers
100g portion
none



McVitie's mini gingerbread men
25g pack
2tsp



Fox's mini party rings
25g pack
2½tsp



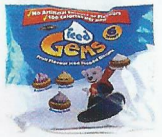
Kellog's pop tarts
2 tarts
5tsp



KP Choc Dips
per pot
2½tsp



Annabel Karmel Disney apple and cinnamon mini biscotti
per pack
1tsp



Jacob's iced gems
per mini pack
3tsp



Munch Bunch raspberry and strawberry Squashums
each
2tsp



Rachel's Organics My First Fruit yoghurts
each pot
3tsp



Yeo Valley Kids First Yeo's yoghurt
each pot
1tsp



Annabel Karmel's scrummy tasty chicken with rice
per portion
1tsp



Mattessons mini chicken bites
per 60g portion
none



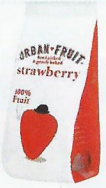
Little Dish mild and creamy chicken korma
per portion
none



Little Dish fish pie
per portion
1tsp



Annabel Karmel fish pie
per portion
1½tsp



Urban Fruit strawberry
1/4 pack
3½tsp



Bear pure fruit yo-yos
per fruit roll
1tsp



Fruit Bowl school bars
per bar
2tsp



Fruit Bowl yoghurt strawberry fruit flakes
per mini pack
3½tsp



Frubes
each
1½tsp



Muller Little Stars fruit juice jellies
each pot
2tsp



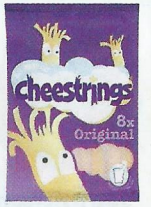
Nut-free raisin, chocolate and fudge snack bag
per bag
7tsp



Wotsits
per pack
½tsp



Cathedral City Chedds shapes
mini bag of shapes
none



Cheestrings
none

FRUIT



Apple
one
3tsp



Pear
one
3tsp



Orange
large
4tsp



Tangerine
medium
2tsp



Banana
one
7tsp



Blackberries
bowl
1tsp



Tomatoes
one medium
½tsp



Cherry tomato
five
½tsp



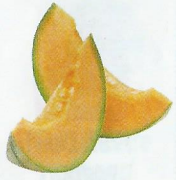
Sainsbury's Italian chopped tomatoes in tomato juice
250g
2tsp



White grapes
10 grapes
2tsp



Figs
one
2tsp



Cantaloupe melon
half
5tsp



Honeydew melon
large wedge
3tsp



Kumquat
one
½tsp



Apricot
one
1tsp



Tesco mango slices in light syrup
tin
17tsp



Dole mango and pineapple in juice
113g pot
3½tsp



Princes peach slices in syrup
tin
8tsp



Princes peach slices in juice
tin
6½tsp



Princes fruit cocktail in juice
tin
2½tsp



Strawberries
bowl
2tsp



Princes strawberries in syrup
half tin
7tsp



Plum
One
2tsp



Blueberries
bowl
2½tsp



Raspberries
bowl
1tsp



Red grapes
10 grapes
2tsp



Avocado
one
¼tsp



Kiwi
one
1½tsp



Grapefruit
half
2tsp



Cherries
portion
2tsp



Dried apricots
handful
3tsp



Tesco prunes in natural juice
tin
20tsp



Dried prunes
50g
4tsp



Pineapple
thick slice
2tsp



Nature's finest pineapple chunks in juice
1/4 tub
3tsp



Sultanas
mini box
2tsp



Forest Feast dried berries and cherries
50g
9½tsp



Forest Feast dried mango
50g
8½tsp



Forest Feast dried pineapple rings
50g
8tsp



Waitrose love life sliced dried banana
50g
5tsp

VEGETABLES



Potato
one medium
½tsp



Carrots
each
½tsp



Parsnip
serving
1tsp



Aunt Bessie's honey glazed roast parsnips
100g serving
1tsp



Onion
one
1tsp



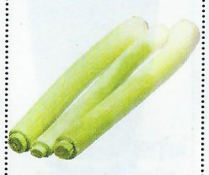
Garlic
clove
none



Broccoli
serving
½tsp



Cabbage
portion
½tsp



Leeks
one large
1tsp



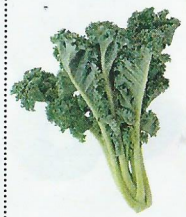
Cauliflower
large portion
½tsp



Peas
serving
1tsp



Mushrooms
portion
none



Kale
pack
¼tsp



Spinach
pack of fresh
¼tsp



Green beans
portion
½tsp



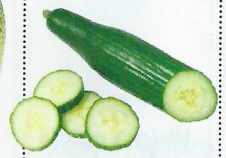
Brussels sprouts
portion
½tsp



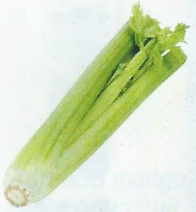
Asparagus
portion
½tsp



Lettuce
head
½tsp



Cucumber
one whole
1tsp



Celery
large stick
¼tsp



Florette mixed salad
none



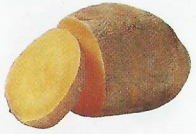
Courgette
one medium
1tsp



Corn on the cob
medium
½tsp



Tinned sweetcorn
3 tablespoons
1tsp



Sweet potato
one medium
1tsp



Swede
one large
8½tsp



Butternut squash
serving
½tsp



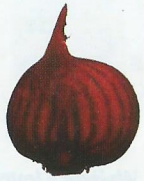
Aubergine
portion
1tsp



Red cabbage
portion
1tsp



Radish
each
none



Beetroot
each
1½tsp



Red pepper
each
½tsp



Fresh rhubarb
bowl
¼tsp



Stewed rhubarb
bowl
3tsp



Tesco British rhubarb in light syrup
1/4 tin
3tsp



Mangetout
Portion
1tsp



Bok choi
head
2tsp



Fresh ginger
none



Soya beans
3 tablespoons
½tsp



Kidney beans
none

SOFT DRINKS



Coca-Cola
can
7tsp



Pepsi Max
can
none



Orange juice
large glass
5tsp



Apple juice
250ml
6½tsp



Tropicana orange and mango juice
200ml
5tsp



Sunny Delight Florida style orange drink
200ml
4tsp



This Juicy Water oranges and lemons 200ml
4tsp



Ocean Spray cranberry juice
200ml
6tsp



Pom Wonderful pomegranate and cloudy apple
200ml glass
6½tsp



Ocean Spray blueberry juice drink
200ml glass
5½tsp



Welch's purple grape
200ml
8tsp



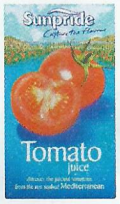
Welch's purple grape light
200ml glass
3tsp



Princes mango juice drink
200ml glass
6½tsp



Princes pineapple juice
200ml glass
5½tsp



Sunpride tomato juice
200ml
2tsp



Innocent pomegranate, blueberries and acai smoothie 250ml
9tsp



Lipton peach iced tea
500ml
8tsp



Orange squash
diluted glass
½tsp



Ribena Plus Ace apple and peach
500ml bottle
none



Starbucks mango and passion fruit frappuccino
medium
11tsp



Cherry Vimto no added sugar water enhancer
50ml
none



Oasis summer fruit
200ml bottle
2tsp



Volvic Juiced berry medley
500ml bottle
8tsp



Volvic Touch Of Fruit lemon and lime
740ml bottle
10tsp



Aqua-Fruta summer fruits
500ml bottle
none



Strathmore Twist orange and peach sparkling
1.5l
none



Galaxy thick shake
350ml bottle
11tsp



Illy Issimo Latte Macchiato
250ml
4tsp



Ovaltine
per cup with milkl
5½tsp



Cadbury's hot chocolate
with 200ml milk
6tsp



Costa latte
medium
4tsp



Costa sugar-free caramel latte with skimmed milk medium
4tsp



Costa hot chocolate with marshmallows and cream
medium
12½tsp



Starbucks Americano
medium
none



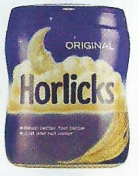
Starbucks Cappuccino
medium
2tsp



Starbucks chai tea latte
medium
8tsp



Tea with splash of milk
None



Horlicks with splash of milk
Serving
6tsp



Fruit tea
None



Nescafe Double Choca Mocha
per cup
3tsp

ALCOHOL



Dry white wine
large glass
¼tsp



Medium white wine
large glass
3½tsp



Dessert wine
glass
3½tsp



Red wine
large glass
¼tsp



Sparkling wine/ champagne
glass
1tsp



Premium lager
pint
none



Guinness
pint
5tsp



Sweet cider
pint
3tsp



Dry cider
pint
1½tsp



Vodka
bottle
none



Gin and tonic
glass
5½tsp



Gin and slimline tonic
glass
none



Bacardi
bottle
none



Whisky
bottle
none



Brandy
bottle
none



Baileys
shot
2tsp



Irish Cream
shot
2½tsp



Crème de Menthe
shot
4tsp



Bacardi Breezer
bottle
5¼tsp



Smirnoff Ice
bottle
7½tsp



Mulled wine
glass
11tsp



Sweet sherry
glass
2tsp



Dry sherry
glass
¼tsp



Port
glass
3tsp



Beer or ale
pint
2½tsp



Vodka and cranberry juice
6tsp



Vodka and orange
glass
5tsp



Vodka and cola
glass
6½tsp



Vodka and diet cola
none



Vodka and Red Bull
glass
7tsp



Grand Marnier
shot
2½tsp



Malibu
bottle
none



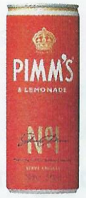
Amaretto
shot
4tsp



Sambuca
shot
4tsp



Kirsch
shot
2½tsp



Pimm's and lemonade
250ml can
5tsp



Pina colada
glass
7½tsp



Margarita
glass
7½tsp



Daiquiri
glass
7½tsp



Tesco Cosmopolitan
bottle
7½tsp

HEALTH FOOD



Lucozade Energy original
380ml bottle
8tsp



Lucozade Energy orange
380ml bottle
13tsp



Lucozade Sport Lite
500ml bottle
1tsp



Pomegranate juice
200ml
6½tsp



Costa soya latte
medium
2tsp



Pret a Manger Green Goodness juice
400ml
10½tsp



Pret a Manger Beet Beautiful juice
400ml
12½tsp



Skinny water pomegranate flavour
500ml
none



Vita Coco natural coconut water with peach and mango
330ml carton
5tsp



Yop drinking yoghurt raspberry
500g bottle
15tsp



Holland & Barrett The Good Life flapjack with yoghurt topping
6tsp



Promax Lean High protein bar
3tsp



The Food Doctor apple and walnut wholesome bar
1½tsp



Waitrose dried fruit and nut selection
250g bag
21tsp



The Food Doctor raw seeds and nuts
210g bag
1½tsp



Weight Watchers chocolate and toffee mini pot swirls
per pot
2tsp



Weight Watchers banoffee dessert
each
5½tsp



Costa gluten-free chocolate brownie
each
8tsp



Weight Watchers reduced sugar strawberry jam
1 tablespoon
1½tsp



Alpro caramel soya dessert
mini pot
3½tsp



Powerade ION4 Berry and Tropical flavour
500ml bottle
5tsp



Vitamin water
500ml bottle
4tsp



Mountain Dew energy drink
400ml bottle
12tsp



Tesco Juice Bar Green Stuff
250ml bottle
6½tsp



Naked Green Machine smoothie
450ml bottle
13tsp



Yakult Light
mini bottle
1tsp



Yakult
mini bottle
2tsp



Benecol blueberry yoghurt drink
1tsp



Muller Vitality raspberry probiotic yoghurt drink
mini bottle
3tsp



Tesco fat-free Greek style coconut yoghurt
mini pot
3tsp



Popchips sour cream and onion
85g
1tsp



Pret a Manger cottage cheese and pineapple protein pot
3tsp



Weight Watchers frozen chicken curry
per portion
½tsp



Slim Pasta
none



Starbucks skinny lemon and poppyseed muffin
each
11tsp



Ryvita Original
Four crackers
¼tsp



Jacob's Ritz crackers
Seven crackers
½tsp



Ryvita Thins
Four crackers
¼tsp



McVitie's Cheddars
Per biscuit
none



Jacob's Tuc Crackers
Seven crackers
½tsp