














Sugar cube  = 4g







MAYBE LESS SUGAR

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Spreads, pastries and cereal products

	Honey	1 heaped tsp : 20g	3.75  = 15g
	Jam	1 heaped tsp : 20g	2.5  = 10g
	Spread	1 heaped tsp : 20g	2.5  = 10g
	Sugary cereals	1 bowl of cereal : 50g	2  = 9g
	Bircher muesli	1 pot : 200g	4  = 16g
		1 pot : 330g	6.5  = 26g
	Pastries (chocolate, vanilla,...)	1 pastry : 70g	3.5  = 14g

















Hot drinks

	Coffee with sugar	1 cube/sachet/tsp : 4g	1  = 4g
	Tea with sugar	1 cube/sachet/tsp : 4g	1  = 4g
	Sugar	1 tsp : 5g	1  = 5g

Dairy products

	Fruit/flavoured yoghurt	1 pot : 180g	4  = 16g
	Dessert, tart, ricotta/mascarpone	1 pot : 120g	4  = 17g
	Chocolate milk	1 large glass/mug : 2,3dl	3  = 11,5g
	Latte with sugar	1 medium cup : 2,3dl	2.5  = 10g
	Large latte with sugar	1 large cup : 3,7dl	3.5  = 14g
	Lassi, yoghurt drink	1 bottle : 5dl	11  = 45g
		1 mini bottle : 0,65dl	1.5  = 6g

Alcoholic and non-alcoholic drinks

	Sweet alcoholic aperitif (kir, pastis,...)	1 glass : 1dl	1.5  = 6g
	Shandy	1 small glass : 2dl	3  = 11g
	Alcoholic cocktails	1 glass : 2,5dl	8  = 32g
	Ready-made drinks, alcopops	1 can/bottle : 3,3dl	8  = 33g
	Non-alcoholic sparkling wine	1 glass : 1dl	5  = 19g
	Non-alcoholic beer	1 bottle : 3,3dl	2  = 8g
	Non-alcoholic aperitif	1 glass : 1dl	2  = 8g
	Non-alcoholic cocktail	1 glass : 2,5dl	7  = 28g



Iced tea (1L)



Soda/cordial (5dl)



Yoghurt drink (5dl)



Cocktail (2,5dl)



Chocolate bar (50g)



Yoghurt (180g)





Sweet pastry (70g)





Ketchup (25g)





 **CocaCola**

1 bottle : 5dl	13  = 53g
1 glass : 2dl	5.5  = 21g


 **Sodas, cordial**

1 bottle : 5dl	12  = 48g
1 glass : 2dl	5  = 19g


 **Iced tea**

1 carton : 1L	19  = 75g
1 glass : 2dl	4  = 15g


 **Energy drink**

1 can : 3,3dl	6  = 25g
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 **Sports drink**

1 bottle : 5dl	8  = 31g
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 **Fruit juice, smoothie**

1 glass : 2dl	5.5  = 22g
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
 **Fruit nectar**


1 glass : 2dl	8  = 32g
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
 **Sweetened fruit compote**

1 small pot/tub : 100g	1  = 5g
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
 **Sweet (1 sweet)**


1 sweet : 5g	1  = 4g
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 **Cream gateau (Black Forest,...)**

1 slice/portion : 156g	6  = 23g
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
 **Fruit tart**


1 slice/portion : 137g	3  = 11g
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
 **Biscuits**

2 to 3 biscuits : 30g	2.5  = 10g
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 **Cake (1 slice)**

1 slice/portion : 65g	4  = 16g
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
 **Pastries (éclair, doughnut,...)**

1 pastry : 90g	3  = 12g
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 **Cereal bar**

1 bar : 30g	3  = 11,5g
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
 **Chocolate bar**

1 bar (Mars, Snickers,...) : 50g	7  = 27g
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
 **Chocolate**

4 squares : 20g	2  = 8g
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
 **Sauce**

1 small ladle : 1dl	0.5  = 2g
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 **Ketchup**

1 pod/sachet : 25g	1  = 4g
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 **Takeaway/convenience food**

(hamburger, pizza,...)	
1 portion : 350-400g	1.5  = 6g

Energy drinks and sodas

Fruit juice and compotes

Sweets

Snacks

Meals and pre-cooked dishes

And I, how much sugar do I eat?



I calculate my sugar consumption on maybeless-sugar.ch

