FREE SUGARS

Free sugar definition:

All sugars in table sugar, honey, sucrose, glucose and glucose syrups and lactose and galactose **added** to food (including whey powder).

All sugars in drinks including sugars naturally present in fruit and vegetable juices and the fruit and vegetable component of smoothies, and sugars in milk substitutes but not lactose naturally present in milk or in products containing milk;

All sugars in fruit and vegetable purees and pastes, including jam and preserves, and products made from extruded fruit or vegetables, (but not the sugars integrally present in the cells of foods such as fruit and vegetables, including in dried, stewed or canned fruit).

Calculating:

Need the:

- nutritional information from the product specification/label
- Carbohydrates, of which is sugars
- McCance and Widdowson individual sugar information: - Lactose, Fructose

Composition of foods integrated dataset (CoFID) - GOV.UK (www.gov.uk) - Proximates

Dried Fruit (no added sugar)

Label: 69g sugar per 100g
Free sugars = 0g
Total sugars = 69g

Low Fat Fruit Yoghurt

Label: 16g sugar per 100g
McCW fruit yoghurt lactose content: 4.4g
Free sugars: 16 - 4.4g = 11.6g free sugars
Total sugar (lactose + free) = 16g

Reduced Sugar Cake Mix

Label: 31g sugar per 100g
McCW cake mix lactose content: 0g
Free sugars = 31g
Total sugars (lactose + free) = 31g

Tinned fruit in juice or syrup

Label: 11.7g sugar per 100g
McCW fructose content: 5.7g
Free sugars = 6g
Total sugars (fructose + free) = 11.7g