

rethink sugary drink

Current consumption of 'free sugars' vs recommendations per WHO guidelines

	Daily energy intake (kJ)*	Maximum free sugar per day (per WHO) (grams)#	Maximum free sugar per day (per WHO) (teaspoons)^	Average free sugar intake (grams)*	Average free sugar intake (teaspoons)^	Average free sugar intake (percent of energy)*	Amount of sugar consumed above maximum WHO guideline (teaspoons)
2–3 year old boy	6044.1	36.2	9.0	42.2	10.6	11.0	1.5
2–3 year old girl	5850.2	35.0	8.8	39.1	9.8	10.0	1.0
2–3 year old child	5951.2	35.6	8.9				
4–8 year old boy	7637.6	45.7	11.4	60.4	15.1	12.5	3.7
4–8 year old girl	6427.6	38.5	9.6	50.7	12.7	12.4	3.1
4–8 year old child	7053.4	42.2	10.6				
9–13 year old boy	9209.4	55.1	13.8	74.3	18.6	12.9	4.8
9–13 year old girl	7984.8	47.8	12.0	68.2	17.1	13.8	5.1
9–13 year old child	8603.5	51.5	12.9				
14–18 year old boy	10186.0	61.0	15.2	92.1	23.0	14.5	7.8
14–18 year old girl	8114.3	48.6	12.1	70.3	17.6	13.5	5.4
14–18 year adolescent	9158.6	54.8	13.7				
Average man 19+ years	9954.5	59.6	14.9	67.4	16.9	10.5	1.9
Average woman 19+ years	7420.3	44.4	11.1	48.4	12.1	10.2	1.0
Average adult	8671.7	51.9	13.0				

* average reported intakes in AHS 2011/12

10% of energy intake per WHO guidelines

^ 4g sugar per teaspoon

WHO definition free sugars: Free sugars refer to monosaccharides (such as glucose, fructose) and disaccharides (such as sucrose or table sugar) added to foods and drinks by the manufacturer, cook or consumer, and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates. http://www.who.int/nutrition/publications/guidelines/sugars_intake/en/

Australian Health Survey references

Daily energy intake: <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/4364.0.55.007main+features12011-12>

Sugar consumption: <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/4364.0.55.011main+features12011-12>