

WHO calls on countries to cut sugar intake

The World Health Organisation says the world is eating too much sugar and people should cut their intake to just six to 12 teaspoons per day – an amount that could be exceeded with a single can of soda

DAILY AVERAGE SUGAR CONSUMPTION PER PERSON (grams)

Top 25 countries in survey (out of 54)

United States	126.4
Germany	102.9
Netherlands	102.5
Ireland	96.7
Australia	95.6
Belgium	95.0
United Kingdom	93.2
Mexico	92.5
Finland	91.5
Canada	89.1
Austria	88.1
Sweden	86.1
Norway	83.1
New Zealand	82.9
Saudi Arabia	80.7
Switzerland	76.1
Denmark	75.1
Argentina	72.7
Czech Republic	71.6
Spain	70.1
France	68.5
Slovakia	66.7
Chile	58.6
Italy	57.6
Poland	56.8

SUGAR CONTENT*

Vitaminwater
570ml (20oz) bottle

33g

Tropicana
100% orange juice
230ml (8oz)

25g

Yoplait
Original yoghurt

Starbucks
Vanilla frappuccino
grande 450ml
(16oz)

58g

Coca-Cola
Classic
330ml
(12oz)
can

39g

Godiva
Two
truffles

17g

Ben & Jerry's
Vanilla
ice cream

16g

Krispy Kreme
Glazed doughnut

10g

WHO recommends daily intake of roughly 50 grams (12 teaspoons) of sugar for person of normal weight. Further reduction to roughly 25 grams (6 teaspoons) per day would provide additional health benefits

*Values are approximate local serving