



East Lancashire Hospitals
NHS Trust

How Much Sugar is in Your Yoghurt or Dessert?



**East Lancashire
Children and
Young Peoples
Diabetes Team**

There are many different yoghurts and desserts available from the supermarket, but it isn't always clear which ones are the healthiest. The amount of sugar can differ greatly between the products. Labels can also be confusing - '*Low Fat*' on the label doesn't necessarily mean a low sugar content. This leaflet will help you choose suitable yoghurts/desserts.

Plain Yogurt

Plain (*natural or Greek-style*) yoghurts do not contain any added sugars or sweeteners, making them the best choice - you can add your own fruit. Typically, 100g of low-fat plain yoghurt contains 7g of carbohydrates which are from natural sugar, which is healthy. In comparison, flavoured yoghurt can contain up to 22g per 100g of carbohydrates, 15g of which is from added sugar.

Suitable Alternatives

Some flavoured yoghurts are labelled as 'sugar-free' or 'light'. Most of these are sweetened with low-calorie artificial sweeteners such as sucralose or aspartame. Some of these yoghurts may contain fruit, and will therefore also contain natural fruit sugars which are in the form of fructose. Choose these instead of the full-sugar yoghurts.

Yoghurts and Their Sugar Content

Yoghurt	SUGAR Per 100 g
Total '0%' Natural Fat-Free Greek Yoghurt	4
Weight Watchers '0%' fat Yoghurt Apricot & Nectarine	4.8
Weight Watchers 'Layered Berry Fromage Frais'	5.1
Shape Yoghurt '0%' fat, Raspberry	6.3
Activia '0%' Fat Yoghurt, Raspberry	8.6
Muller Light Fat-Free Yoghurt, Greek-Style, Toffee	9.4
Muller Light 'Fruitopolis' Greek-Style Yoghurt with Peach and Passion fruit	9.4
Muller Rice Original	10
Alpro Soya Yoghurt, Strawberry & Banana	10.3
Alpro Soya Dessert, Vanilla	10.7
Petit Filous 'Big Pots', Raspberry & Strawberry Yoghurt	11.9
Petit Filous Raspberry & Strawberry Yoghurt	12.2
Activia Intensely Creamy 3% Fat, Vanilla	12.5

Yoghurt	SUGAR Per 100 g
Total Fat-Free Greek Yoghurt, Strawberry	12.5
Onken Fat-Free Yoghurt, Strawberry	12.8
Ski 'Smooth' Yoghurt, Strawberry & Raspberry	13.2
Munch Bunch 'Jelly Delight'	13.2
Oykos Greek-Style Yoghurt, Peach	13.3
Munch Bunch 'Double Up' Fromage Frais	13.4
Yeo Valley, Blueberry	13.5
Petits Filous Fruit Layers	13.5
Muller Deluxe Corner Yoghurt, Raspberry Parfait	17
Muller 'Bliss' Whipped Greek Style Yoghurt, Lemon	21.3

KEY




	Green	Best
	Yellow	Good
	Red	Avoid

How to Choose the Most Suitable Yoghurts

As both yoghurt and fruit contain natural sugars, which are healthy, you have to look at the ingredients list to find out whether your choice of yoghurt contains added sugars, which are unhealthy. If your yoghurt has sugar as the first or second ingredient, this yoghurt should be avoided. Other names for sugar may include *Sucrose, Fructose, Glucose Syrup, and Fructose Syrup.*

Other Desserts

Although our tables show a selection of desserts, there are still many that we have not included. You can rate these yourself by looking at the nutrient label. Find out how much sugar is in 100g and then work out if it is healthy or not by using the following grid:

Sugar per 100g	Rated	
5 -10g	Green	
10 -15g	Yellow	
15 +g	Red	

Sugar-free jellies are a great alternative to sugary desserts, but you still need to check the label for carbohydrate.

Useful Contact Numbers

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