

# Percentage of total calories from free sugars

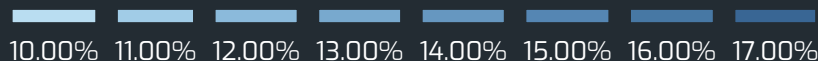
Intakes of free sugars should not be more than 5% of total energy. None of the age groups reported by the British National Diet and Nutrition Survey meet this recommendation.

## Adults

75 years and over	12.2%	11.8%	11.3%	11.3%
65 years and over	10.9%	11.4%	10.8%	11.2%
65-74 years	9.9%	11.2%	10.5%	11%
19-64 years	11.8%	11.7%	12.1%	11.1%
	2008-10	2010-12	2012-14	2014-16

## Children

4-10 years	14.7%	15.5%	14%	13.5%
11-18 years	15.9%	15.8%	15.8%	14.1%
1.5-3 years	12.1%	13%	12.8%	11.3%
	2008-10	2010-12	2012-14	2014-16



MakeoverMonday 2020W3

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Data Source: <https://www.nutrition.org.uk/nutritioninthenews/new-reports/ndnsyears7and8.html>