



Processed Fruit Snacks

There are a lot of processed fruit snacks that are marketed at Early Years children such as fruit winders, stars, peelers, strings, flakes etc. These foods are classified as Ultra Processed Foods and aren't suitable for Early Years children.

These food products are made from fruit juices and purees and the sugar in them is classed as free sugar, which attack the teeth. A diet high in free sugars is linked to poor oral health and overweight in children. They are not suitable foods to provide as a snack or part of a packed lunch.

A healthier and less expensive alternative would be a whole piece of fruit (or cut-up pieces of whole fruit) which contain the vitamins, minerals and fibre that children need.

	Free Sugars Per 100g	Free Sugars Per Serving	Teaspoons of free sugar per serving
 	61.2g	18.4g	 x4.5
 	61.8g	12.4g	 x3
 	58.0g	9.3g	 x2
 	70.0g	8.3g	 x2
 	65.0g	7.7g	 x2

1 teaspoon = 4g sugar

Free sugars are defined as 'All sugars naturally present in fruit and vegetable juices, concentrates, smoothies, purees, pastes, powders and extruded fruit and vegetable products. This includes pureed legumes, pureed dried fruit and juice and syrup present in canned fruits and vegetables

A high free sugar intake increases the risk of dental caries (tooth decay) and higher energy intakes

Action on Sugar

For more information on Ultra Processed foods in the diets in infants and young children please read:

First Steps Nutrition report: [Ultra-processed foods marketed for infants and young children in the UK](#)

Action on Sugar report: [Processed-Fruit-Snacks-2020-Survey-Report-.pdf](#)

Startwell: [Welcome to Startwell Birmingham - Startwell_2020](#)