



Mithai

JALEBI

Fried spiral shaped batter, soaked in sugar syrup

200g sugar for 8 servings

Equating to: **6 SUGAR CUBES PER SERVING**

GULAB JAMUN

Soft deep-fried balls, dunked in sugar syrup

360g sugar for 14 servings

Equating to: **6.5 SUGAR CUBES PER SERVING**

BADAM BURFI

Melt in the mouth sweet, with occasional dried fruits

200g sugar for 16 servings

Equating to: **3 SUGAR CUBES PER SERVING**

PEDA

Fudge-like sweet flavoured with cardamom or saffron

110g sugar for 8 servings

Equating to: **3 SUGAR CUBES PER SERVING**



The maximum recommended daily amounts of sugar are:



4 to 6 years old: 19 grams (5 cubes)



7 to 10 years old: 24 grams (6 cubes)



11 and older: 30 grams (7 cubes)