



NURTURE

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Sugar Smarts

Name: _____

1. Tom did not eat any whole fruit. He had two snacks that equaled 40 grams of sugar. Which two snacks did Tom eat?
2. Kayla wants to eat 2 *different* snacks, but cannot eat more than 6 grams of sugar, what snacks can she eat?
3. Jose had two *different* snacks that had a total of 25 grams of sugar. He traded one of these snacks so he had two snacks that had a total of 34 grams of sugar.

Which snacks did Jose start with?







What snacks did Jose have after the trade?

4. During the month of January, Jude ate:
 - 4 servings of popcorn
 - 8 apples
 - 3 cup of fruit juice
 - 1 banana

How many grams of sugar did Jude eat?

5. In February Jude ate:
 - 4 servings of carrots
 - 8 ice cream cones
 - 3 cups of fruit juice
 - 1 banana

How many grams of sugar did Jude eat?

Food	Grams of Sugar*
 One cup popcorn	0 grams
 Two carrots	6 grams
 One banana	14 grams
 One apple	19 grams
 One ice cream cone	28 grams
 One serving of fruit juice	34 grams

*Grams of sugar are based on average serving sizes