

Sugar Sugar Handout



Food Item	Guess (# of grams)	Actual	Difference
Strawberries, 1 cup			
Cheerios, One Cup			
Banana			
Cinnabon			
Nutrigrain Bar			
Baby Carrots, 5 small carrots			
Skittles, 1 bag			
Mountain Dew, 20 oz.			
Whole Grain Chocolate Chip Cookie (1)			
Sweet honey BBQ Sauce (2 Tablespoons)			

1. Which items have the most sugar?

2. Which foods contain natural sugar?

3. How will this chart help you to make better choices?