

Sugar Sugar!



Sucrose = Table sugar



Lactose = Milk Sugar



Fructose = Fruit and Vegetable Sugar



1 sugar cube = 1 teaspoon of sugar



1 teaspoon of sugar = 4 grams

Nutrition Label



Nutrition Facts

Serving Size 1 bar 2 oz 57g (57 g)

Amount Per Serving

Calories 271 Calories from Fat 122

% Daily Value*

Total Fat 14g 21%

Saturated Fat 5g 26%

Trans Fat 0g

Cholesterol 7mg 2%

Sodium 140mg 6%

Total Carbohydrate 35g 12%

Dietary Fiber 1g 5%

Sugars 29g

Protein 4g

Vitamin A 2% • Vitamin C 0%

Calcium 5% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

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Nutrition Label



Nutrition Facts

Serving Size: 8 fl oz

Amount Per Serving

Calories 110 Calories from Fat 0

% Daily Value*

Total Fat 0 g **0%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 0 mg **0%**

Potassium 450 mg **13%**

Total Carbohydrate 26 g **9%**

Dietary Fiber 0 g **0%**

Sugars 22 g

Sugar Alcohols

Protein 2 g

Vitamin A 0 IU 0%

Vitamin C 72 mg 120%

Calcium 20 mg 2%

Iron 0 mg 0%

Ingredient List



Ingredients:
100% orange juice



Ingredients:
milk chocolate (**sugar**, cocoa butter, chocolate, skimmed milk, lactose, milkfat, soy lechithin artificial flavor), peanuts, **corn syrup**, **sugar**, skimmed milk, butter...

Orange vs. Orange Juice



Ingredients:
Orange



Nutrition Facts			
Serving Size 1 medium orange (154g)			
Amount Per Serving			
Calories 80		Calories from Fat 0	
% Daily Value*			
Total Fat 0g			0%
Saturated Fat	0g		0%
Trans Fat	0g		0%
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 19g			6%
Dietary Fiber	3g		12%
Sugars	14g		
Protein 1g			
Vitamin A	2%	Vitamin C	130%
Calcium	6%	Iron	0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2,000 2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4 Protein 4



Tally Sheet

Food Item	Guess	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)			

How much sugar (in grams) did you guess was in each item? Were you close to the actual amount?

Which items had the most sugar?

Do you think the sugar in these item is naturally occurring or added?

How will this chart help you to make better choices?



Strawberries

1 serving (147g)
Sugars, total: 7g





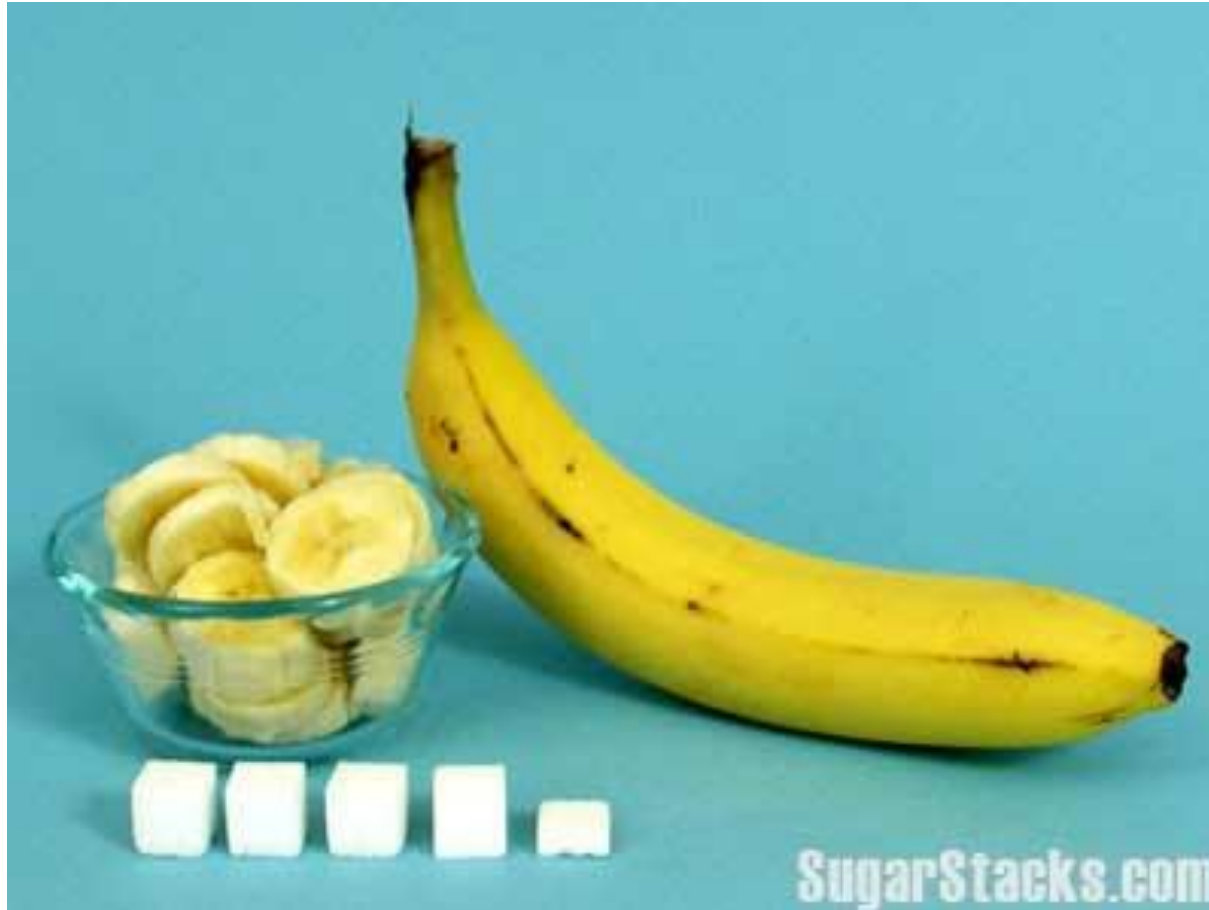
Cereal (Whole Grain Oats)



Cheerios Cereal
1 Serving (1
cup/28g)
Sugars, total: 1g



Bananas



**Banana 1 large
(140g)
Sugars, total: 17g**



Cinnabon



Cinnabon
Cinnamon Roll
1 pastry
Sugars, total: 55g



Nutrigrain Cereal Bar



Nutrigrain Cereal Bar, Strawberry 1 Bar (37g) Sugars, total: 13g



Baby carrots



Baby Carrots
1 serving (8
carrots/85g)
Sugars, total: 4g



Skittles



Skittles

1 bag (2.6 oz)

Sugars, total: 47g



Mountain Dew



Mountain Dew
20 oz (590 ml) Bottle
Sugars, total: 77g

Calories, total: 290
Calories from
sugar: 290



Whole Grain Chocolate Chip Cookie



Kashi Chocolate
Chip Cookies
1 cookie (30g)
Sugars, total: 8g



Sweet honey BBQ sauce



SugarStacks.com

Honey BBQ Sauce
1 serving (2 Tbs/36g)
Sugars, total: 13g