

Sugar Sugar!





Tally Sheet

| Food Item | Team | Guess | Actual | Delta |
|--|------|-------|--------|-------|
| Strawberries | | | | |
| Cheerios | | | | |
| Banana | | | | |
| Cinnabon | | | | |
| Nutrigrain Bar | | | | |
| Baby Carrots | | | | |
| Skittles | | | | |
| Mountain Dew | | | | |
| Whole Grain Chocolate Chip Cookies | | | | |
| Sweet honey BBQ Sauce | | | | |

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

Calories, total: 47
Calories from
sugar: 28



Cereal (Whole Grain Oats)

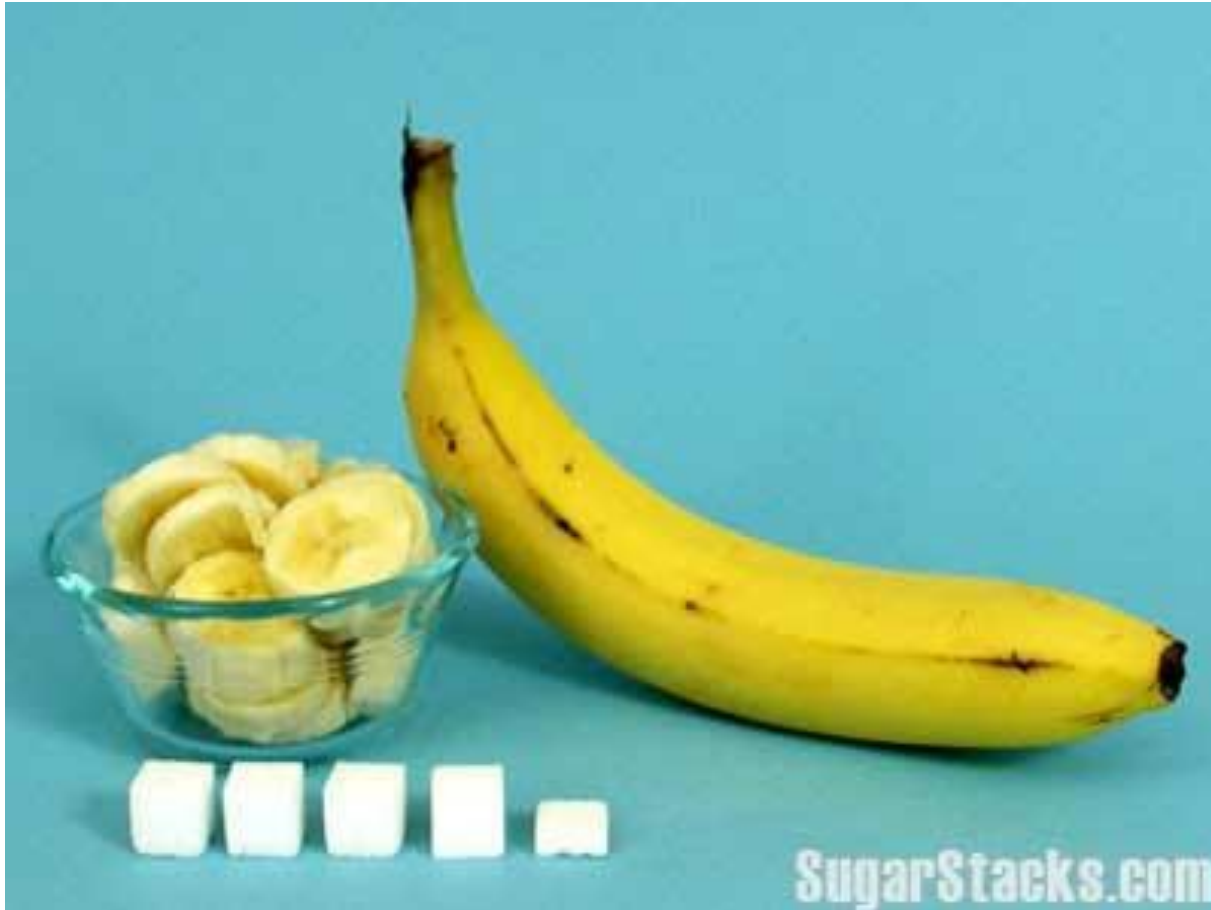


Cheerios Cereal
1 Serving (1
cup/28g)
Sugars, total: 1g

Calories, total: 100
Calories from
sugar: 4



Bananas



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

Calories, total: 125
Calories from
sugar: 68



Cinnabon



Cinnabon
Cinnamon Roll
1 pastry
Sugars, total: 55g

Calories, total: 813
Calories from
sugar: 220



Nutrigrain Cereal Bar



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

Calories, total: 140
Calories from sugar: 52



Baby carrots



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

Calories, total: 30
Calories from
sugar: 16



Skittles



Skittles

1 bag (2.6 oz)

Sugars, total: 47g

Calories, total: 250

Calories from
sugar: 188



Mountain Dew



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

Calories, total: 290
Calories from
sugar: 290

1 L (34 oz) Bottle
Sugars, total: 124g
Calories, total: 440
Calories from
sugar: 440



Whole Grain Chocolate Chip Cookie



SugarStacks.com

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

Calories, total: 130
Calories from
sugar: 32



Sweet honey BBQ sauce



SugarStacks.com

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

Calories, total: 60
Calories from
sugar: 52