



Be Sugar Savvy

MIX & MATCH Ice Breaker

Draw a line from the food item to its corresponding number of teaspoons of sugar:

Welch's 100% Grape Juice, 11.5 oz. can	3 teaspoons sugar
20 oz. Lemon Lime Gatorade	15 teaspoons sugar
1 cup Froot Loops Cereal	12 teaspoons sugar
Starbuck's Grande Mocha Frappuccino Blended Coffee Drink (with Whipped Cream)	7 teaspoons sugar
6 oz. Yoplait yogurt (Strawberry)	9 teaspoons sugar
6.75 oz. Original Tangy Sunny D	17 teaspoons sugar
20 oz. Pepsi-Cola	12 teaspoons sugar

Information based on materials originally developed by Alameda County Public Health Department and the Bay Area Nutrition & Physical Activity Collaborative with funding from USDA Supplemental Nutrition Assistance Program.

USDA is an equal opportunity provider and employer. For food stamp information call 1-877-847-3663.

Visit www.cachampionsforchange.net for healthy tips. ·California Department of Public Health

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Please note: Product formulations, as well as packaging and portion size, may change over time. As a result, ingredients, amounts listed and nutrition information may change.

Santa Clara County Public Health Department Chronic Disease & Injury Prevention Program is the lead agency for BANPAC and the *Network for a Healthy California—Bay Area Region*

Revised April 2010

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Activity Page Answer Key

Correct Answers:

Sunny D.....4 teaspoons

Yoplait yogurt.....7 teaspoons

Starbucks Frappuccino.....12 teaspoons

Froot Loops.....3 teaspoons

Gatorade.....9 teaspoons

Grape Juice.....15 teaspoons

Pepsi-Cola.....17 teaspoons

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