



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
8 oz. Original Tangy Sunny D	17 teaspoons sugar
20 oz. Pepsi-Cola	5 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

The use of trade, firm or corporation names in this page is for the information and convenience of the reader. Such use does not constitute an official endorsement or approval by the U.S. Department of Agriculture or the Agricultural Research Service of any product or services to the exclusion of others that may be suitable.

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 May 2011

BE SUGAR SAVVY

MIX & MATCH

Activity Page Answer Key

Correct Answers:

Sunny D.....5 teaspoons

Yoplait yogurt.....7 teaspoons

Starbucks Frappuccino.....12 teaspoons

Froot Loops.....3 teaspoons

Gatorade.....9 teaspoons

Grape Juice.....15 teaspoons

Pepsi-Cola.....17 teaspoons

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

The use of trade, firm or corporation names in this page is for the information and convenience of the reader. Such use does not constitute an official endorsement or approval by the U.S. Department of Agriculture or the Agricultural Research Service of any product or services to the exclusion of others that may be suitable.

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*