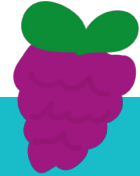
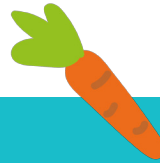
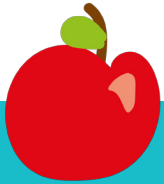


BE SUGAR SMART

Take our sugar quiz to see how sugar savvy you are!



LIFELONG HEALTH
FIGHTING FOR YOUR FUTURE



1. How many teaspoons of sugar are in a 330ml regular fizzy sugar drink?
▶ 3 ▶ 5 ▶ 7
2. How many teaspoons of sugar are in a muffin?
▶ 2 ▶ 4 ▶ 5
3. How many teaspoons of sugar are in a jam doughnut?
▶ 1 ▶ 3 ▶ 6
4. Which bread contains the most sugar?
▶ 2 slices of whole wheat bread ▶ or 1 sesame seed bagel?
5. What contains the most sugar?
▶ A handful of fruit sweets ▶ or a handful of raisins?
6. What's the healthiest way to quench your thirst?
▶ Sparkling water ▶ or fruit juice (500ml)
7. Which of these contain the most sugar?
▶ 3 tablespoons of tomato sauce ▶ or 1 glazed doughnut?
8. Which of these contain the most sugar?
▶ 1 large apple ▶ or 350ml of apple juice?

ANSWERS: 1. 7 2. 5 3. 3 4. Bagel 5. Handful of raisins 6. They both contain 37g of sugar, very high! 7. Tomato sauce - 12g of sugar whilst doughnut has 6g 8. Large apple, but this is natural sugar and is full of fibre so is used very differently by the body.