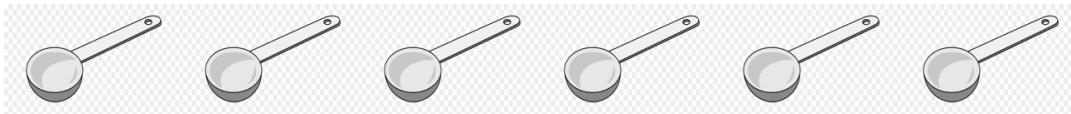


All About Sugar!

How much sugar should kids eat?

Answer: Kids ages 2 years old to 18 years old should eat less than 6 teaspoons of sugar* each day!



How do you know how much sugar you are eating?

Answer: This information is on a nutrition label on the container the food came in!

This is a nutrition label:

Can you find and circle where sugar is?

If you have food where you are, try looking for some to see what they have on their nutrition labels!

The amount of sugar is written in grams. 1 teaspoon is close to 4 grams

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*According to the American Heart Association

Now we will look at how much sugar is in some drinks.
Which of these is your favorite?



How many
teaspoons of
sugar do you
think is in one
can of coke?



How many
teaspoons of
sugar do you
think is in one
bottle of
Powerade?



How many
teaspoons of
sugar do you
think is in one
bottle of
Gatorade?



How many
teaspoons of
sugar do you
think is in one
bottle of
SunnyD?

Answers: Coca-Cola: 9.75 Powerade: 8.5 Gatorade: 8.5 SunnyD: 6.75