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!

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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

*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