

Sugar Smart Clue Sheet

In school, we have been learning how to become sugar smart.
Use this handy Sugar Smart Clue Sheet to make your Sugar Smart Trump cards.



Sugary cereal
Sugary cereal
30 gram bowl

Eating an even bigger bowl = more sugar

Over 2 cubes of sugar



Juice Drink

Over 5 cubes of sugar



5 cubes of sugar



cola

9 cubes of sugar



sugary yoghurt

Over 5 cubes of sugar

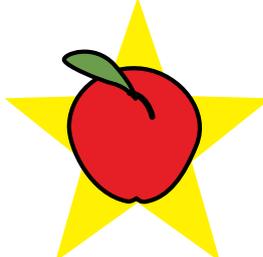


Chilled dessert

Over 4 cubes of sugar



6 cubes of sugar



Lower-sugar item



Lower-sugar item



Lower-sugar item



Lower-sugar item



Lower-sugar item



Lower-sugar item



low fat
lower sugar
yoghurt

Lower-sugar item

