SUGAR SMART

Know your labels quiz

Use this diagram to help you work out the answers to the questions..

Remember more than 22.5g of total sugars per 100g is high, less than 5g of total sugar per 100g is low, and between 5g and 22.5 is medium!

Cereal

1. How many grams of sugar is in 100g of this breakfast cereal?

_____

2. How much sugar is in a single serving including ½ cup of reduced fat milk?

_____

3. Is this a high, medium or low sugar product? (circle your answer)

High

Medium

Low

4. If a five year old boy had a bowl of this cereal for his breakfast, how many more grams of sugar can he eat to stay within his daily recommended amount?

_____

5. Can you think of three more Sugar Smart breakfast options?

i. _____

ii. _____

iii. _____

Breakfast cereal label

Nutrition Information
(AVERAGE)

servings per package - 12
average serving size - 30g (3/4 metric cup†)

	quantity per serving	% daily intake ▲ per serving	per serve quantity with 1/2 cup reduced fat milk	quantity per 100g
ENERGY	480 kJ	6%	770 kJ	1610 kJ
PROTEIN	1.4 g	3%	6.6 g	4.6 g
FAT, TOTAL	0.1 g	0.2%	2.2 g	0.4 g
- SATURATED	0.1 g	0.2%	1.4 g	0.2 g
CARBOHYDRATE	26.5 g	9%	33.5 g	88.4 g
- SUGARS	11.0 g	12%	18.0 g	36.5 g
DIETARY FIBRE	0.4 g	1%	0.4 g	1.2 g
SODIUM #	139 mg	6%	208 mg	465 mg
		%RDI*		
THIAMIN (VIT B1)	0.28 mg	25%	0.32 mg	0.92 mg
RIBOFLAVIN (VIT B2)	0.42 mg	25%	0.66 mg	1.42 mg
NIACIN	2.5 mg	25%	3.7 mg	8.3 mg
VITAMIN C	10.0 mg	25%	11.2 mg	33.3 mg
FOLATE	50 µg	25%	58 µg	166 µg
CALCIUM	80 mg	10%	264 mg	266 mg
IRON	3.0 mg	25%	3.0 mg	10.0 mg
ZINC	1.8 mg	15%	2.3 mg	6.0 mg

† Cup measurement is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.
▲ % Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.
* % Recommended Dietary Intake (Aust/NZ) per serving.
# 139 mg of sodium per serve is equivalent to 0.4g of salt.

SUGAR SMART

Smoothie

1. How many grams of sugar are contained in the whole 250ml bottle?

_____

2. How many sugar cubes is that?

_____

3. If a five year old girl drank the whole drink would they be above or below their daily recommended amount of sugar?

_____

4. Can you think of three more Sugar Smart drinks she could have instead?

i. _____

ii. _____

iii. _____

This is the label of a 250ml fruit smoothie drink

Nutritional Information	(per 100ml)
Energy	207kJ (49kcal)
Protein	0.3g
Carbohydrates	13.1g
(of which sugars)	10.4g
Fat	0.1g
(of which saturates)	less than 0.1g
Fibre	1.4g
Sodium	2mg
Vitamin	22mg
	(36% RDA per 100ml)

sugars found naturally in the fruit

Use the label on the page overleaf to answer the following questions.

Cake time!

1. How many different types of sugar are in this product?

_____

2. List them below:

_____

3. How many cubes of sugar are in a portion of this cake?

_____

4. Is this a high, medium or low sugar product? (circle your answer)

High

Medium

Low

5. If a ten year old girl had a portion of this cake how many more grams of sugar could she have to stay within her daily recommended amount?

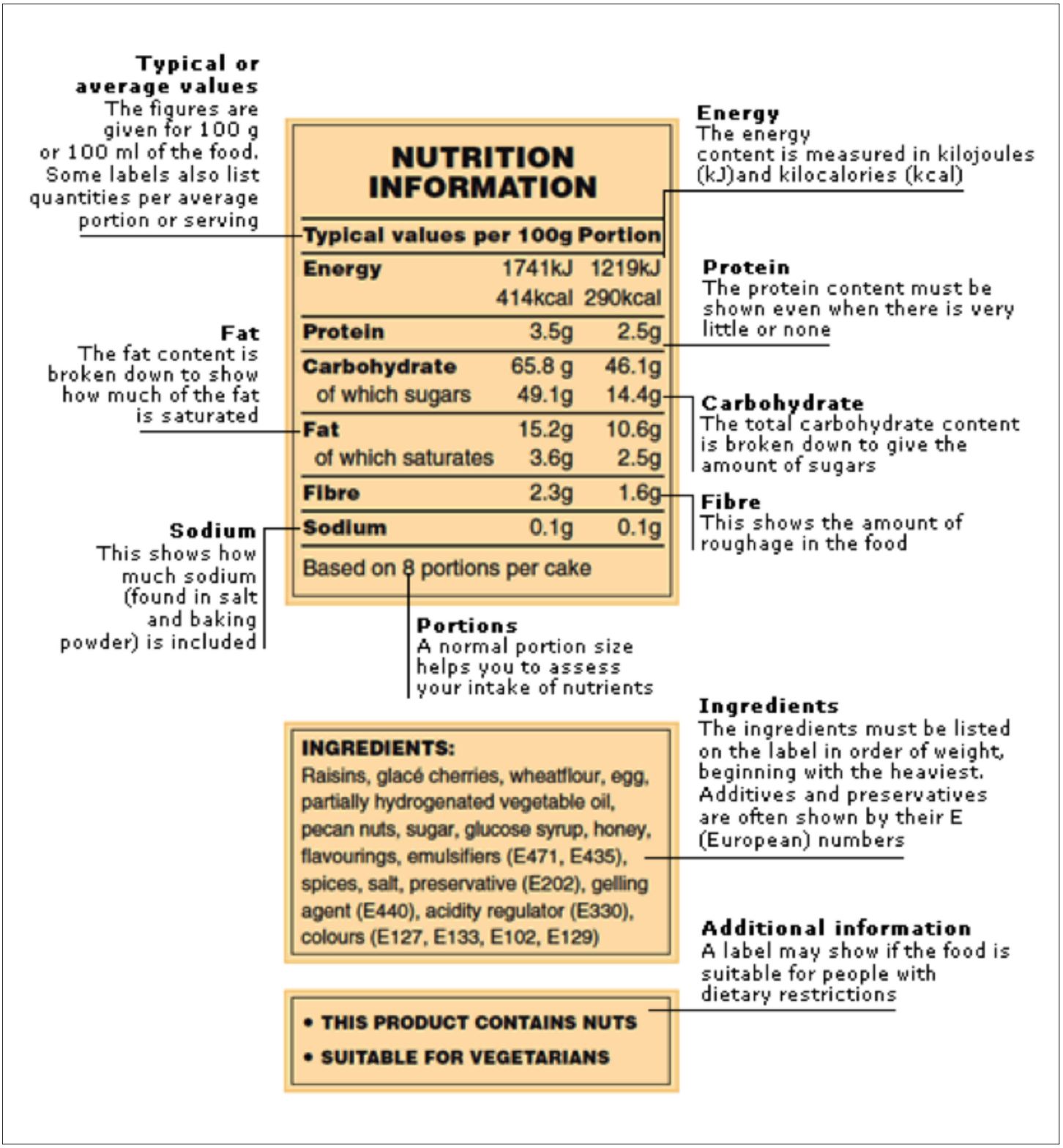
6. Can you think of three more Sugar Smart snack options that she could have instead of cake?

i. _____

ii. _____

iii. _____

SUGAR SMART


Typical or average values
The figures are given for 100 g or 100 ml of the food. Some labels also list quantities per average portion or serving
NUTRITION INFORMATION
Typical values per 100g Portion
Energy 1741kJ 1219kJ
414kcal 290kcal
Protein 3.5g 2.5g
Carbohydrate 65.8 g 46.1g
of which sugars 49.1g 14.4g
Fat 15.2g 10.6g
of which saturates 3.6g 2.5g
Fibre 2.3g 1.6g
Sodium 0.1g 0.1g
Based on 8 portions per cake
Energy
The energy content is measured in kilojoules (kJ)and kilocalories (kcal)
Protein
The protein content must be shown even when there is very little or none
Fat
The fat content is broken down to show how much of the fat is saturated
Carbohydrate
The total carbohydrate content is broken down to give the amount of sugars
Fibre
This shows the amount of roughage in the food
Sodium
This shows how much sodium (found in salt and baking powder) is included
Portions
A normal portion size helps you to assess your intake of nutrients
INGREDIENTS:
Raisins, glacé cherries, wheatflour, egg, partially hydrogenated vegetable oil, pecan nuts, sugar, glucose syrup, honey, flavourings, emulsifiers (E471, E435), spices, salt, preservative (E202), gelling agent (E440), acidity regulator (E330), colours (E127, E133, E102, E129)
Ingredients
The ingredients must be listed on the label in order of weight, beginning with the heaviest. Additives and preservatives are often shown by their E (European) numbers
• THIS PRODUCT CONTAINS NUTS
• SUITABLE FOR VEGETARIANS
Additional information
A label may show if the food is suitable for people with dietary restrictions

Answers

Cereal

1. 36.5g
2. 18g
3. High
4. 1g
5. See Section One of the toolkit for lots of Sugar Smart breakfast ideas!

Smoothie

1. 26
2. 6.5
3. Above
4. See Section One of the toolkit for lots of Sugar Smart drink ideas!

Cake time!

1. 3
2. Sugar, glucose syrup, honey
3. High
4. 9.6
5. See Section One of the toolkit for lots of Sugar Smart snack ideas!