

Healthy Living

...for life!
Alameda County Public Health Department

How Sweet It Is – Ice Breaker

Healthy Communities...for life! Workshop, June 2007

Directions: Go to the “**Sugar Shockers**” tables located in the room. Find the food and beverage items that will assist you in answering the questions below. Once you have answered all the questions, turn your answers in to your Nutrition Services Table Host. The person who finishes first, and has all the correct answers, will win a prize!
(Answers are shown in red below).

1. How many servings are in a 20 ounce Coke? (2.5)
2. Is there more sugar in an 8 ounce serving of Coke or in Rosa’s Horchata?
(Rosa’s Horchata)
3. How many teaspoons of sugar are in a bottle of water? (0)
4. How much sugar is in a container of Yoplait Yogurt? (27grams)
5. How much sugar is in the whole box of Fruit Loops? (255 grams or 64 teaspoons)
6. Which has more sugar – one serving of a Chocolate Chunk Brownie or one serving of a Snapple Kiwi Strawberry? (Snapple)
7. Does Organic Frosted Flakes have less sugar than Fruit Loops? (No)
8. Which has more sugar – one serving of Welch’s cranberry juice or one serving of Coke? (Welch’s cranberry juice)



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