



# Sugar Game

## Sugary Sid

Food/Drink	Cubes/tsp of added sugar (free sugars)
<b>Breakfast</b>	
Bowl of Frosties and milk	3
150ml glass of fresh orange juice	4
<b>Mid-morning break</b>	
Can of Cola 330ml	9
Mars Bar	8
<b>Lunch</b>	
Cheese and ham sandwich	0
Choc chip muffin	9
Half tin of peach slices in syrup	6
Bottle of Lucozade 500ml	6
<b>Mid-afternoon break</b>	
Skittles 55g bag	12
Bottle of Ribena 500ml	6
<b>Dinner</b>	
Chips, Sausage & beans	3
Toffee Hoops Muller corner	6
Glass of blackcurrant cordial	3
<b>Supper</b>	
Twix 2 fingers	6
Hot chocolate	6
<b>TOTAL</b>	<b>87 cubes (348g sugar)</b>

## Healthy Helen

Food/Drink	Cubes/tsp of added sugar (free sugars)
<b>Breakfast</b>	
2 Weetabix with milk	½
150ml glass of fresh orange juice	4
<b>Mid-morning break</b>	
Banana	0
Glass of Milk	0
<b>Lunch</b>	
Tuna mayo salad wrap	½
2 Digestive biscuits	1
Small packet of raisins	0
Home-made banana milkshake	0
<b>Mid-afternoon snack</b>	
Bottle of water	0
Dairylea Dunkers	1
<b>Dinner</b>	
Jacket potato with no added sugar beans	0
Natural yoghurt and chopped fruit	0
No added sugar orange squash	
<b>Supper</b>	
Low-fat cheese on 2 crackers	0
Glass of milk	0
<b>TOTAL</b>	<b>7 cubes (28g sugar)</b>