

Name _____



Added-Sugar Sleuth

1. Find eight foods in your refrigerator or cupboards that list a sugar as one of the first three ingredients. Remember to look for words ending with the suffix -ose in the ingredients list.
2. Use the information on the nutrition label to complete columns 1 through 3 in the following chart.
3. Four grams of sugar equal 1 teaspoon of sugar. Calculate how many teaspoons of sugar per serving are in each food and write the corresponding number of teaspoons in column 4. (Number of teaspoons = number of grams x 1 teaspoon / 4 grams)

Food	Name of sugars in ingredients	Grams of sugar (g)	Teaspoons of sugar (tsp) per serving

From J. Carter, J. Wiecha, K. Peterson, S. Nobrega, and S. Gortmaker, 2007, *Planet Health*, 2nd ed. (Champaign, IL: Human Kinetics).