

Mix & Match Ice-Breaker

Draw a line from the food item to its corresponding number of teaspoons of sugar.

12 oz. Orange Slice Soda	5 teaspoons sugar
Welch's Grape Juice, 11.5 oz can	4 teaspoons sugar
20 oz. Gatorade	10 teaspoons sugar
1 serving Froot Loops Cereal	8 teaspoons sugar
Starbuck's Frappuccino	7 teaspoons sugar
6 oz. Yoplait yogurt	9 teaspoons sugar
6.75 oz. Sunny D drink	13 teaspoons sugar



Originally developed and piloted by the Alameda County Public Health Department • Nutrition Services

Funded, in part, by the U.S. Department of Agriculture's Food Stamp Program, an equal opportunity provider and employer through the Network for a Healthy California.

For information about the California Food Stamp Program, please call 1-888-328-3483.

Santa Clara County Public Health Department - Nutrition and Wellness Unit is the lead agency for BANPAC and the Network for a Healthy California - Bay Area Region



Correct answers:

Orange Slice	13 tsps
Sunny D	5 tsps.
Yoplait yogurt	7 tsps.
Starbucks frappuccino	8 tsps
Froot Loops	4 tsps
Gatorade	9 tsps
Grape juice	10 tsps.



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