Sugar in Snack Foods

Values for teaspoons of sugar were calculated from sugar (grams) listed for each product.

One level teaspoon of sugar is equivalent to 4 grams of sugar. All values were rounded to the nearest whole number.

2 Sweet Biscuits





Large Chocolate Frog





Vegetable Sticks



No Added Sugar

Muesli Bar





3 Fingers of Lamington Cake



Plain Popcorn



No Added Sugar

Small Bottle of Soft D<u>rink 3</u>90mls





6 Snake Lollies





Salad on Cracker



No Added Sugar

Strawberries



Tap Water only



Cheese Cubes



No Added Sugar

No Added Sugar

No Added Sugar

Nutritional values obtained from 'Calorie King Australia website' www.calorieking.com.au, July 2010. Developed by Western Sydney Local Health District. Sponsored by the Centre for Oral Health Strat

