



Name: _____

Class: _____ Date: _____

Bar (of sugar) Charts

An activity of "Keeping sugar out of reach".

"Keeping sugar out of reach" (page 6, *What's Up* February 2023) tells us what is being done to reduce the problem of eating too much sugar. Change can only happen if we know what needs changing. Do you know how much sugar is in your favourite foods and drinks?

1. Pick two sweet snacks and two drinks you enjoy regularly. Inspect the nutrition-facts label on each packet.
2. Complete the bar chart on page 2 by plotting the amount of "added sugar" per packet, as given in its nutrition-facts label. If the packet holds more than one serving, remember to multiply the amount of sugar per serving by the total number of servings in the packet.

Here is an example of a drink called Meelo. →

Nutrition Facts	
usually 3 servings per container	
Serving size	(100ml)
Amount Per Serving	
Calories	90
	<small>% Daily Value*</small>
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 7g Added Sugars	14%
Protein 3g	6%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Meelo

Total added sugar in one packet = Added sugar in one serving x number of servings

Total added sugar in one packet of Meelo = 7g x 3 = **21g**

My calculations

1. Snack A: _____

2. Snack B: _____

3. Drink A: _____

4. Drink B: _____

Bar chart of Added Sugar in Two Snacks & Two Drinks

