

# HEY, KIDS! There Are Sneaky Sugars!

## Sugar Can Be Sneaky



When you eat sugar, your body uses it for energy. Eating a little bit of sugar is OK, but too much sugar isn't good for your body or your teeth.

Sugar is in many foods like candy and ice cream. But did you know sugar can also be "hidden" in other foods and drinks?

## Hidden Sugars

Here are some foods that you might eat or drink that have hidden sugars:

- cereal
- yogurt
- granola bars
- juice and soda.



FLIP THE  
PAGE OVER  
TO TEST  
YOUR SUGAR  
SMARTS.

# How Many Teaspoons of Sugar Are in These Popular Drinks?



## 1. One Can of Regular Soda

- A. 1 teaspoon
- B. 5 1/2 teaspoons
- C. 10 teaspoons
- D. 25 teaspoons
- E. There isn't any sugar in soda.



12 ounces

## 2. One Glass of Lemonade

- A. 1 teaspoon
- B. 5 1/2 teaspoons
- C. 10 teaspoons
- D. 25 teaspoons
- E. There isn't any sugar in lemonade.



12 ounces