




# The amount of sugar in common food items

  
1 teaspoon  
= 4 grams  
of sugar

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Lollies,  
each one **1 teaspoon**


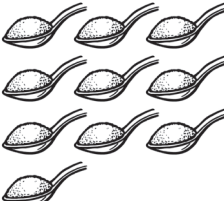
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Cake,  
one slice **5 teaspoons**



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Sweet biscuits **2 teaspoons**


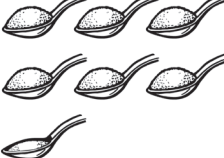
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Jelly,  
one serve **6 teaspoons**



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Chocolate,  
two squares **2 teaspoons**


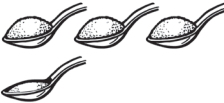
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Jam,  
one teaspoon **2½ teaspoons**

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Soft drink,  
one can **10 teaspoons**

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Water cordial,  
one glass **4½ teaspoons**

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Fruit juice drink,  
one glass **6½ teaspoons**

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Ice cream,  
one scoop **2 teaspoons**

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Ice blocks,  
one **3½ teaspoons**

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Original concept developed by SA Dental Service.