

# 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



Muesli Bar



Small Bottle of Soft Drink 390mls



Large Chocolate Frog



3 Fingers of Lamington Cake



6 Snake Lollies



Vegetable Sticks



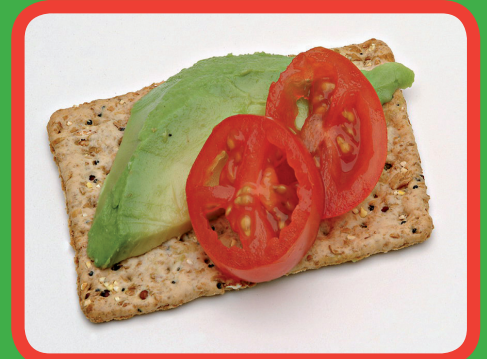
No Added Sugar

Plain Popcorn



No Added Sugar

Salad on Cracker



No Added Sugar

Strawberries



No Added Sugar

Tap Water only



No Added Sugar

Cheese Cubes



No Added Sugar