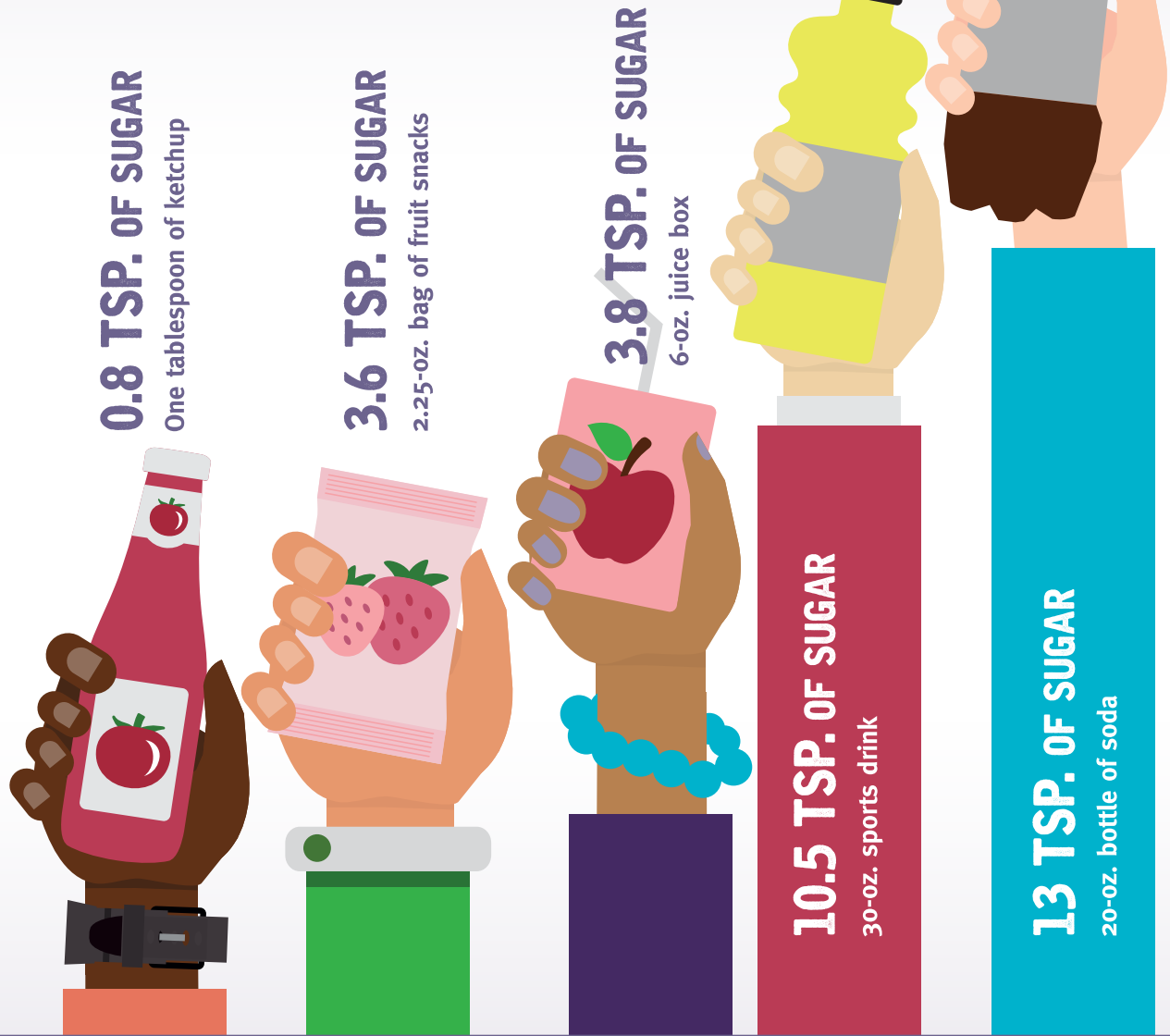


SUGAR SHOCK

You know treats like candy, cookies and cupcakes have sugar in them. That's what makes them so sweet! But you might be surprised to learn they're not the only items that contain sugar.



1 TEASPOON
of sugar

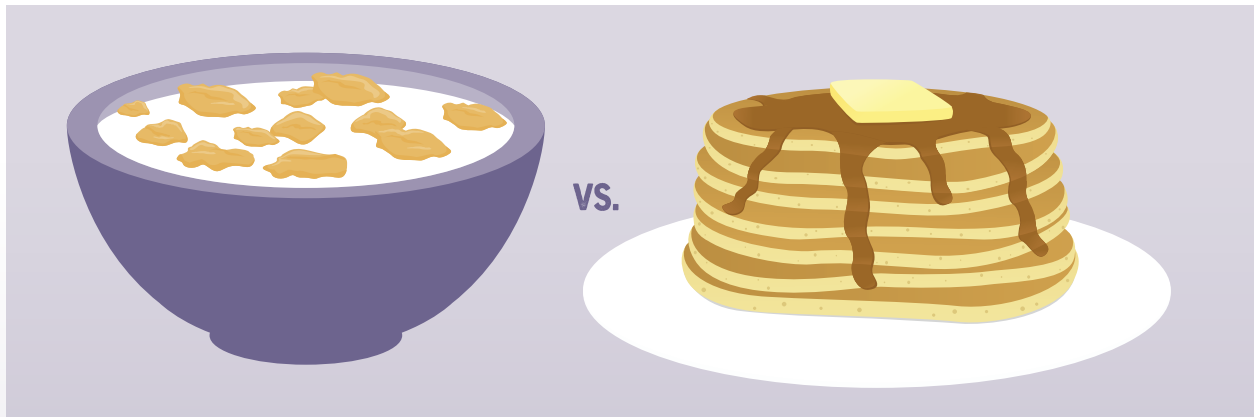
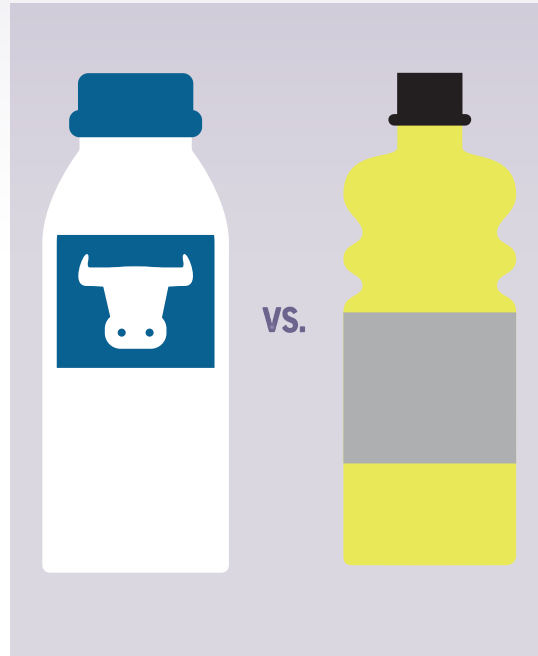
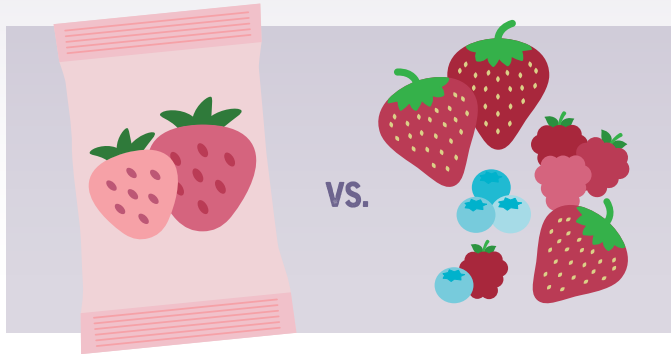
ACTUAL SIZE



TRY THIS SHOCKING EXPERIMENT.

With the help of an adult, get a measuring teaspoon and a bag of sugar. Pick one of the items shown above. Using the teaspoon, scoop the amount of sugar listed for that item into a bowl. You'll be surprised how quickly the sugar adds up! (When finished, just pour the sugar back into the bag.)

CIRCLE THE ITEM IN EACH GROUP THAT CONTAINS LESS SUGAR AND IS HEALTHIER FOR YOUR TEETH.



SOMETIMES YOU'RE GOING TO HAVE FOOD OR DRINKS WITH SUGAR IN THEM. YOU CAN'T ALWAYS AVOID SUGAR, SO MAKE SURE YOU DO A GOOD JOB OF BRUSHING AND FLOSSING TO KEEP YOUR TEETH CLEAN AND HEALTHY.

ANSWER KEY: Berries, nuts, milk and cereal.