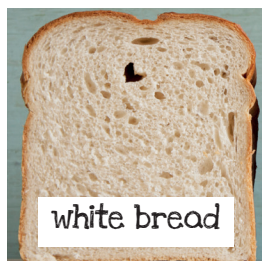


Which food contains the most sugar?

Put these foods in order of how much sugar you think they contain per portion, one being the most and nine being the least. Some of them might surprise you!

The foods:



Added sugar can be hidden in all sorts of foods, such as sauces, breads and pickles. Always check the label.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____

These values were calculated by taking an average of the sugar content found in 3 different brands per food, in order to not single out a particular brand.

The foods:



1 cereal bar (34g per 100g)

2 tomato ketchup (21.8g per 100g)

3 doughnut (20.2g per 100g)

4 pain au chocolate (14.2g per 100g)

5 fizzy drink (9.5g per 100g)

6 fruit squash (8.6g per 100g)

7 baked beans (5.2g per 100g)

8 tinned soup (4.9g per 100g)

9 white bread (3.2g per 100g)