

Sugar See Saw Game

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FND 252

JUNE 30, 2018

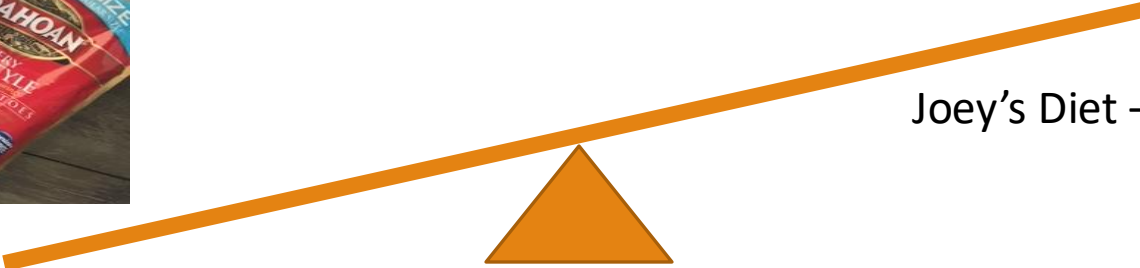
Balance the Sugar See-Saw



Joey's Diet - Today



Joey's Diet – After Intervention

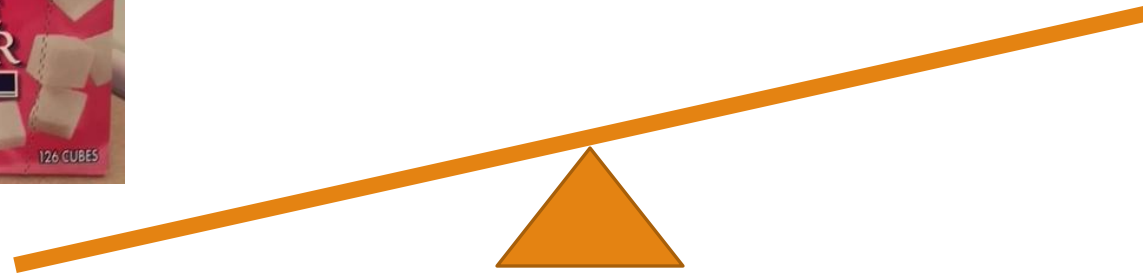


Object of the Game

Guess the amount of sugar each item contains by selecting the right number of Sugar Cubes.

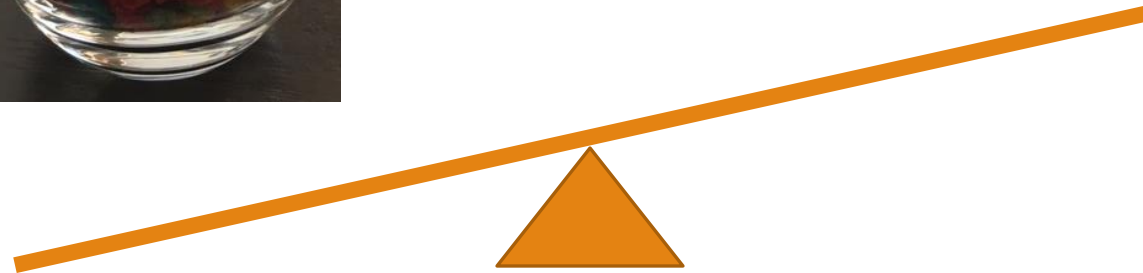
To make the game easier – we will assume each Sugar Cube weighs 1 gram

- Full disclosure - Actual weight of each sugar cube is 4 g; each cube = 4 grams sugar



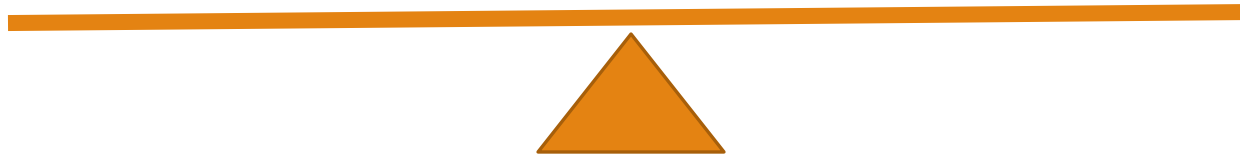
Question #1: Fruity Pebbles

$\frac{3}{4}$ Cup of Fruity Pebbles



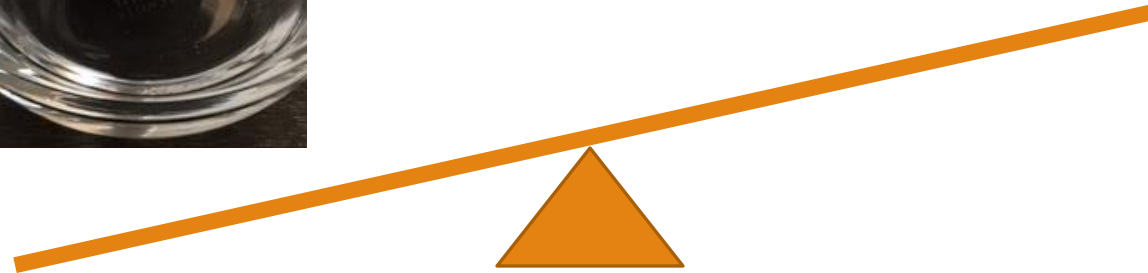
ANSWER: Fruity Pebbles

$\frac{3}{4}$ Cup of Fruity Pebbles = 9 grams of sugar



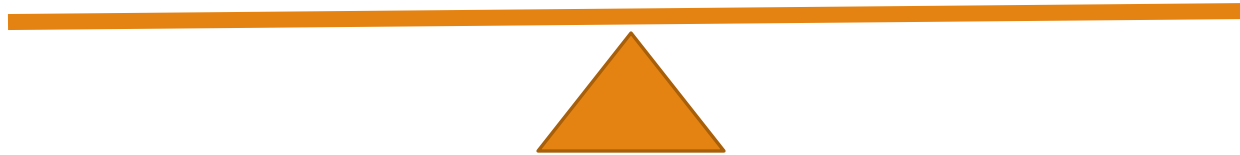
Question #2: Egg

1 Large Egg



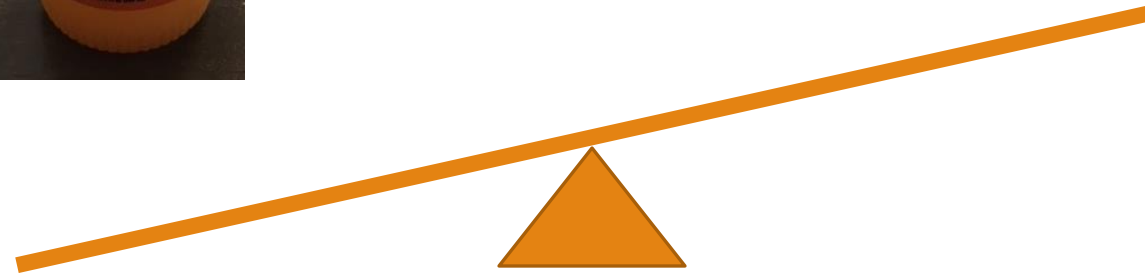
ANSWER: Egg

1 Large Egg = 0 grams of Sugar



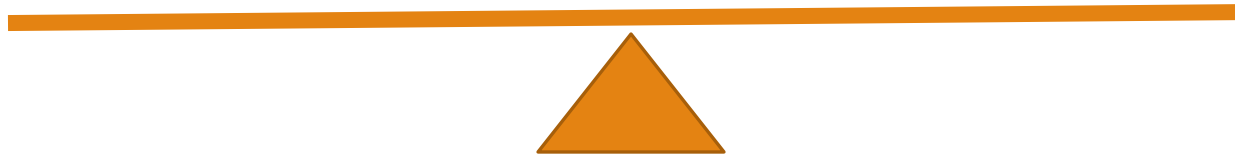
Question #3: Sunny Delight

1 Small Bottle (200 mL)



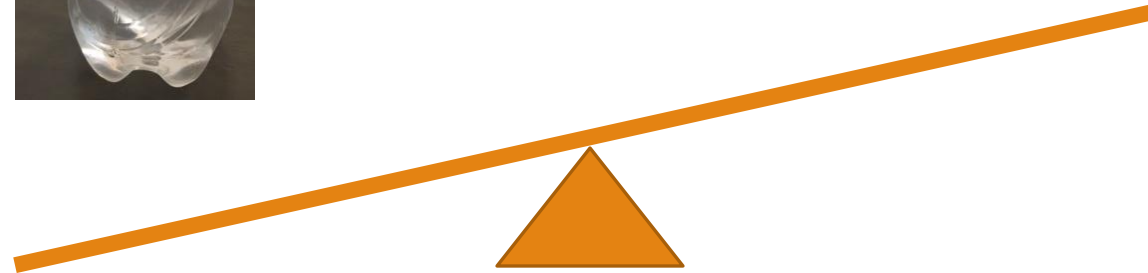
ANSWER: Sunny Delight

1 Small Bottle (200 mL) = 11 grams of Sugar



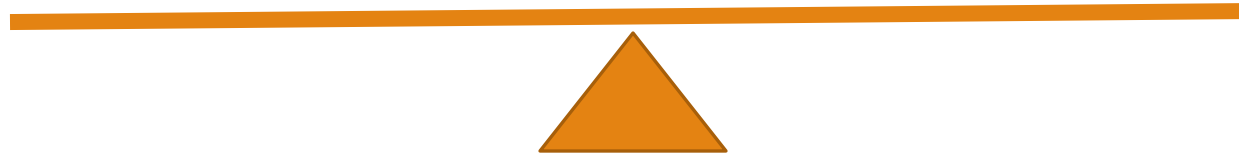
Question #4: Water

16 oz Bottled or Tap Water



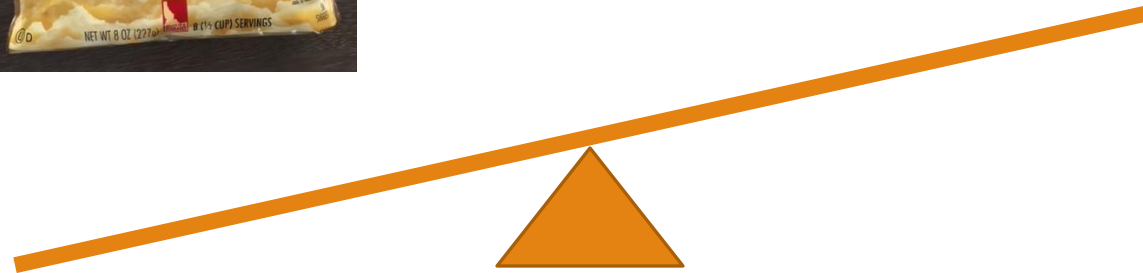
ANSWER: Water

16 oz Bottled or Tap Water = 0 grams of Sugar



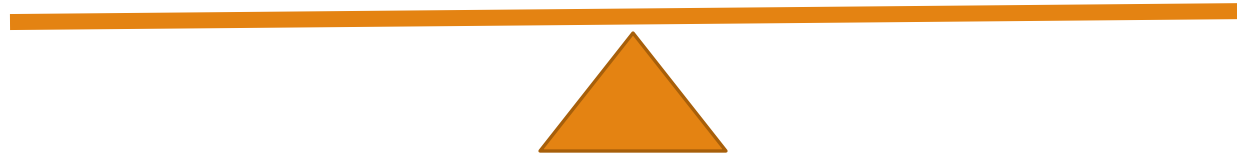
Question #5: Mashed Potato

1 serving packaged mashed potatoes



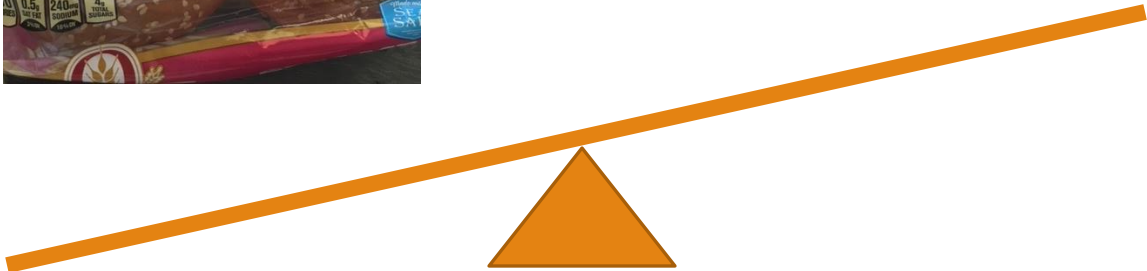
ANSWER: Mashed Potato

1 serving packaged mashed potatoes = 2 grams of Sugar



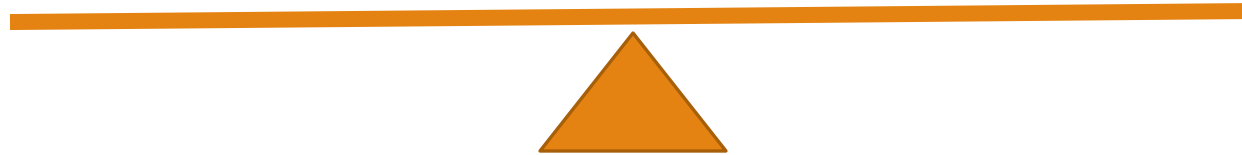
Question #6: Hamburger Bun

1 Hamburger Bun



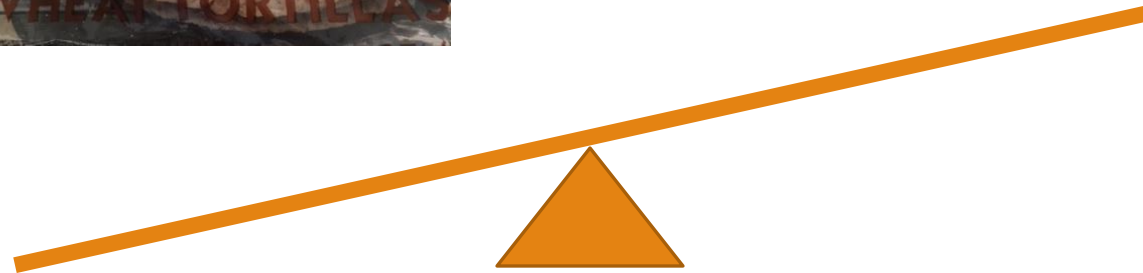
ANSWER: Hamburger Bun

1 Hamburger Bun = 4 grams of Sugar



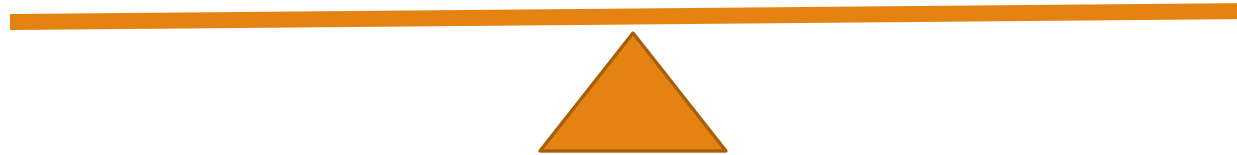
Question #6: Whole Wheat Tortilla

1 Large Whole Wheat Tortilla



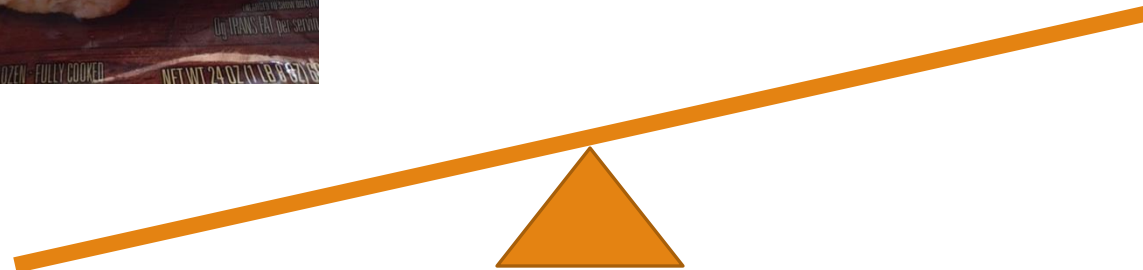
ANSWER: Whole Wheat Tortilla

1 Large Whole Wheat Tortilla = 0 grams of sugar



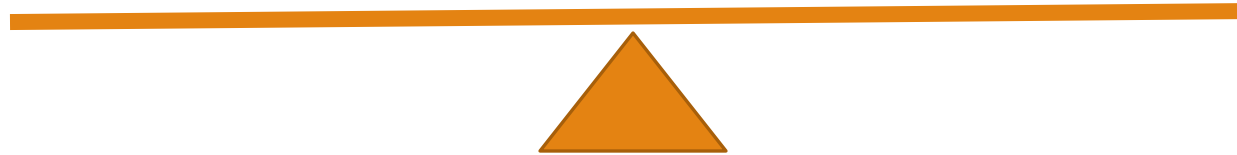
Question #7: Chicken Nuggets

1 Serving Chicken Nuggets



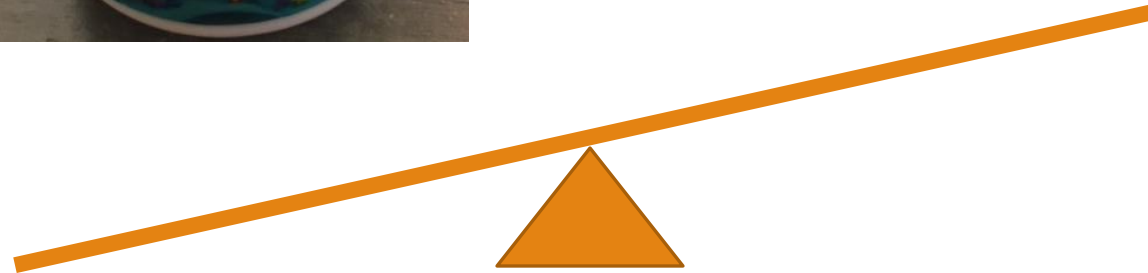
ANSWER: Chicken Nuggets

1 Serving Chicken Nuggets = 0 grams of Sugar



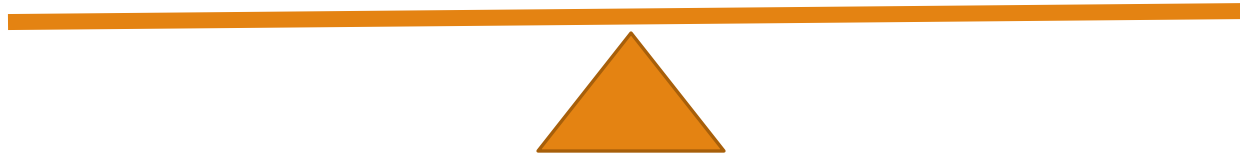
Question #8: Cake Frosting

1 Serving Cake Frosting



ANSWER: Cake Frosting

2 Tbsp = 23 grams of Sugar!



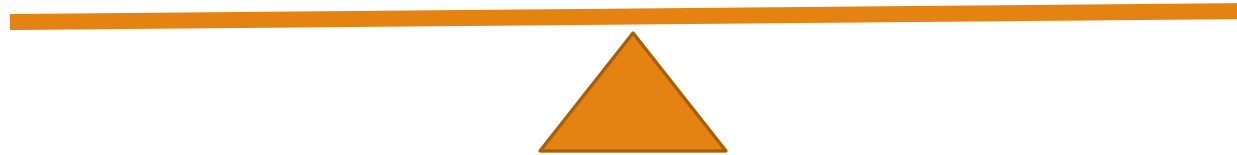
Best Low Sugar Choices.....

16 oz Bottled or Tap Water

Eggs

Whole Wheat Tortilla

Chicken Nuggets



Tips for Parents

1. Always read nutrition labels – sugar can be hidden in bread, condiments, drinks, snack foods
2. Notice serving sizes - they can be small compared to package size (frosting example)
3. You may want to have your child to taste how SWEET a sugar cube as perspective
4. Accurate sugar grams can be calculated by dividing the number of sugar cubes by 4 (there are 4 grams per cube of sugar). We simplified this to make it easier for a two year old to understand.
5. For older children, use a gram scale to calculate exact portion sizes and sugar content
6. This game is geared for sugar content only, fat and salt content of “no sugar” foods may be high
7. Questions? Contact your RD for more information
 - Karen Casey (in training)
 - kcaseypb@gmail.com