

## WHAT'S THE NAME OF YOUR CEREAL?

Crispy Wheat & Raisins	20g *	French Toast Crunch	12g
Post Raisin Bran	20g	Honey Frosted Wheaties	12g
Total Raisin Bran	19g	Post Frosted Shredded Wheat	12g
Kellogg's Raisin Bran	18g	Crunch Berries	11g
Fruit & Fiber	17g	Golden Grahams	11g
Honey Nuts Clusters	16g	Honey Comb	11g
Kellogg's Smacks	16g	Frosted Mini Wheats	10g
Apples Jacks	16g	Grape Nuts	7g
Froot Loops	15g	Life	6g
Crackling Oat Bran	15g	Honey Bunches of Oats	6g
Post Golden Crisp	15g	Total	5g
Count Chocula	14g	Grape Nuts Flakes	5g
Cocoa Puffs	14g	Total Corn Flakes	3g
Frosted Cheerios	13g	Kix	3g
Lucky Charms	13g	Special K	3g
Trix	13g	Rice Krispies	3g
Basic 4	13g	Rice Chex	2g
Alpha Bits	13g	Kellogg's Corn Flakes	2g
Frosted Flakes	13g	Cheerios	1g
Cap'n Crunch	12g	Fiber One	0g
Cookie Crisp	12g	Nabisco Shredded Wheat	0g

\*grams of sugar per serving (one tsp equals 4g-7g of sugar, depending on type of sugar)

## WHAT'S YOUR FAVORITE DRINK?

<b>Carbonated Beverages</b>		<b>Drinks/Juices Non Carbonated</b>	
Cherry Coca-Cola	10 ½ tsp	Apple Juice	8 tsp
Cherry 7-up	9 ¾ tsp	Capri Sun (depending on flavor)	6-7 tsp
Coca Cola Classic	9 ¾ tsp	Clearly Canadian	4 ¾ tsp
A & W Cream Soda	10 ½ tsp	Country Time Lemonade	4 ¼ tsp
Orange-Crush	12 ¾ tsp	Cranraspberry-Ocean Spray	9 tsp
Dr. Pepper	10 tsp	Gatorade	3 ½ tsp
Grape Minute Maid	12 tsp	Grape Juice	10 tsp
Mountain Dew	11 ½ tsp	Five Alive Citrus	7 ¼ tsp
Mr. Pibb	9 ¾ tsp	Hi-C Double Fruit	8 ¾ tsp
A & W Root Beer	10 ½ tsp	Hi-C Ecto Cooler	7 ¼ tsp
Orange Minute Maid	11 ¾ tsp	Kiwi Strawberry Cooler	7 ¾ tsp
Pepsi Cola	10 ¼ tsp	Kool Aid	6 tsp
7 UP	9 ¾ tsp	Snapple-Peach Flavored Iced Tea	6 ½ tsp
Sprite	9 ½ tsp	Tang	6 tsp
Squirt	11 ¼ tsp		
Sunkist	13 tsp		

## WHAT'S YOUR FAVORITE SNACK?

<b>LOW SUGAR SNACKS</b>	<b>HIGH SUGAR SNACKS</b>
Unsweetened applesauce	Sweetened applesauce
Fruit canned in its own juices	Fruit canned in light syrup
White milk	Chocolate milk
Natural juices from concentrate	Juices with high fructose syrup
Plain or buttered popcorn	Coated popcorn (caramel)
Dill pickles	Sweet pickles
Lite or plain yogurt	Soft drinks
Cheese and crackers	Flavored waters
Chex Mix	Cakes/pies
Flavored mini rice cakes	Kid's frozen meals with dessert
Pizza	Fruit roll ups and fruit snacks
Hot cheese sticks	Granola bars
Hot pockets	Cereal bars
Chef Boyardee products	Pop tarts
Franco American products	Most spaghetti sauces
Bagels	Raisins
Cream cheese	Barbecue sauces
Whipped cream topping	Syrup
Lunchables without juice	Lunchables with snack
Pretzels	Cookies
Sugar free Jell-O	Jell-O
Fresh fruit	Instant flavored oatmeal
Nuts	Dried fruits
Potato and corn chips	Candy
Salsa	Pudding
Vienna sausage	Ice Cream
Soup	Popsicles
Hot dogs	Jelly

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