



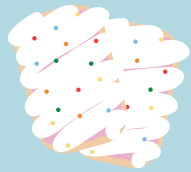
Just a Spoon Full of Sugar Helps the Oral Health Go Down!

“Sugar and spice and all things nice, that’s what _____.”

“Just a spoonful of sugar helps _____.”

“Pretty please, with sugar _____.”

You can probably fill in the blanks above. But can you fill in the blank when it comes to knowing how much sugar is in your kids’ favorite snacks? That may be a little less obvious. Ironically, it’s easy to sugar-coat the truth when it comes to snack time, so we created this chart to help. It’s far from all-inclusive, but it at least gives you an idea of what’s typical in some of the more popular options.



=



breakfast pastry

8.5ts of sugar



=



grape juice

14ts of sugar



=



candy bar

4.5ts of sugar



=



cereal

2.5ts of sugar



=



apple sauce

2.75ts of sugar



=



popsicle

2ts of sugar

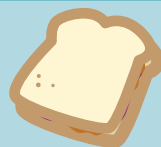


=



orange

5.75ts of sugar



=



pb&j sandwich

4.5ts of sugar



Recognize any of your family’s favorites?
Think you might make some different choices as a result?
Let us know if you do!

