Activity:
1. Using the nutrition facts, calculate the number of teaspoons of sugar.
2. Determine how many teaspoons you would have left in a day, or how many day's worth of sugar the product contains, assuming all sugar is added.
3. In the ingredient list, circle all the names of sugar. Write down the number of names you found.
4. Guess the product.

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Sugar Savvy Workshop
Kim Guess, RD, Health*Matters
February 11, 2015

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