

STEPHEN GLOVER

STAFFORD SPORTS AND PERFORMANCE ACADEMY

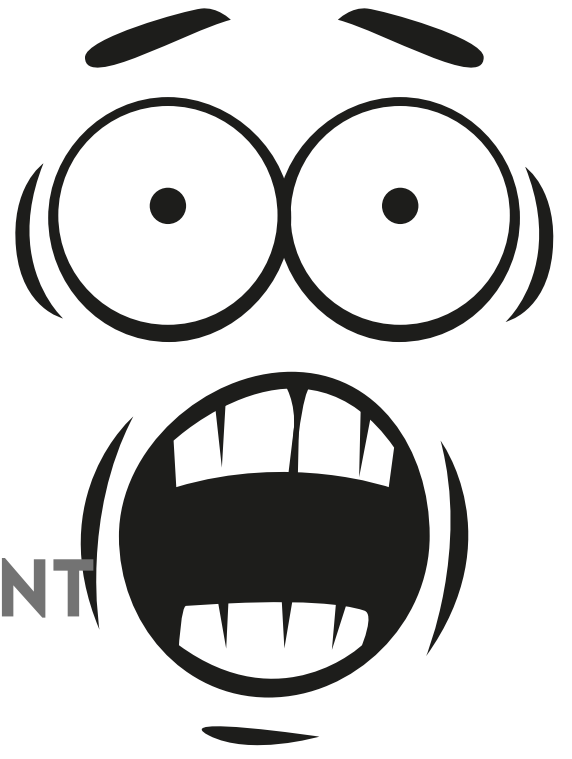
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SHOCKING SUGAR



CAN YOU MATCH THESE FOODS TO THE CORRECT AMOUNT OF SUGAR? DRAW A LINE TO THE CORRECT ANSWER.

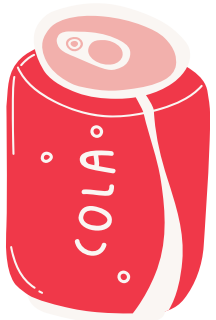
THE FIRST ONE HAS BEEN DONE FOR YOU



30G SERVING OF FROSTED CEREAL



1 OREO COOKIE



CAN OF COLA



2 FINGER CHOCOLATE BISCUIT



CHOCOLATE ICE CREAM



1 POT OF FRUIT YOGURT



WE ALL ENJOY SWEET FOODS, BUT TOO MUCH SUGAR IS NOT GOOD FOR US AT ALL. THESE FOODS SHOULD BE EATEN AS AN OCCASIONAL TREAT, AND NOT EVERY DAY

SARAH MOCKETT BSC NMED CNHC REG NUTRITION PRACTITIONER - 07815 757317

FRUIT YOGURT 3 TSP

FROSTED CEREAL 3TSP - 1 OREO 1TSP - COLA 8.75TSP - 2 FINGER CHOCOLATE BAR 5TSP - CHOC ICE CREAM 4TSP