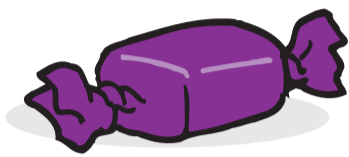


# The amount of sugar in common food items



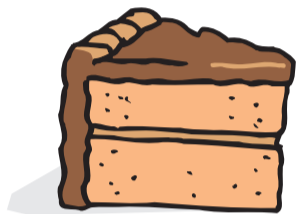
Lollies,  
each one

1 teaspoon



Fruit juice drink,  
one glass

3 teaspoons



Cake,  
one slice

4 teaspoons



Soft drink,  
one can

12 teaspoons



Sweet biscuits

1 teaspoon



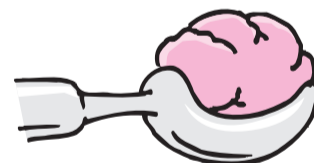
Cordial,  
one glass

5 teaspoons



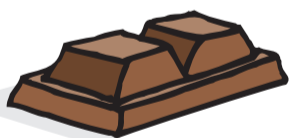
Jelly,  
one serve

4 teaspoons



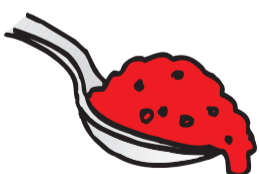
Ice cream,  
one scoop

1 1/2 teaspoons



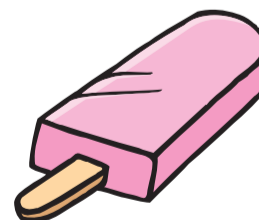
Chocolate,  
two squares

1 teaspoon



Jam,  
one teaspoon

1/2 teaspoon



Ice blocks,  
one

5 teaspoons

\*1 teaspoon equals 5 grams of sugar



Government of South Australia  
SA Health

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