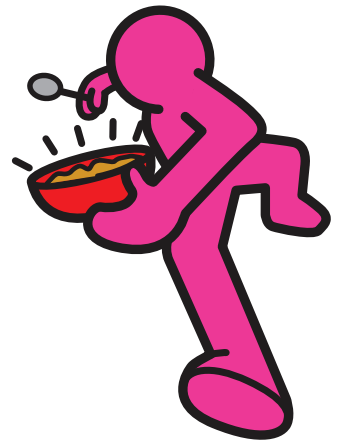


Sugar ranking cards



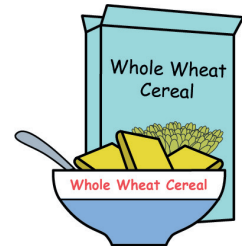
Packet of ready salted crisps

0.1 sugar cubes (0.3g)



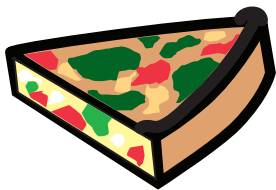
45g of salted peanuts

0.3 sugar cubes (1.3g)



Wheat biscuit cereal (without milk)

0.4 sugar cubes (1.7g)



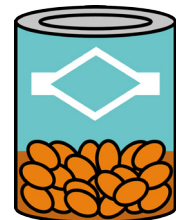
Slice of pizza

0.5 sugar cube (1.9g)



Chocolate biscuit

1.5 sugar cubes (6.2g)



Half a can of baked beans

2.4 sugar cubes (9.8g)



150ml glass of orange juice

2.5 sugar cubes (10g)



Sugary cereal (without milk)

2.8 sugar cubes (11.3g)



Can of cola

8.7 sugar cubes (25.5g)