

# Hidden sugar



Sugar drink



1 tablespoon of jam



Cordial



Lollies



Hidden <sup>+fat</sup>  
Sugar



Cake



Chocolate



4 sweet biscuits



Ice cream

Little  
sugar

Coconut water



Natural  
sugar

Sugar cane



No  
sugar



Water



Natural  
sugar in  
fruit &  
vegetables  
is good for  
you

banana



**6 1/4**  
spoons



**You should  
eat no  
more than**

**6 1/4**

**(\*25 grams)  
of extra  
spoons of  
sugar a day**



**\*25 grams is the  
World Health  
Organisation's  
recommendation.**

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

### **Key skills:**

This resource could be used to support development of the following key cooking and food preparation skills:

- Making food choices

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated,.

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