

SUGAR SMART

Sugar weekly diary

Add the snacks you have throughout the week and note their sugar content (this can be found on the product packaging under 'nutritional information'. At the end of the week, enter the total in the grid below. Calculate either in grams or sugar cubes (or both!).

1 sugar cube = 4 grams of sugar

Example

Monday	Sugar: g
Can of cola	9 cubes/36g
Muffin	5 cubes/20g
Total	56g

Day of the week	Sugar: g

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Weekly Total	

Most sugary thing I ate _____

Most sugary thing I drank _____

I went above my daily recommended amount of sugar on _____ days

I kept within my daily recommended amount of sugar on _____ days

I make the following Sugar Smart promises....