

An energy drink – 35g of sugar

A blueberry muffin – 20g of sugar

A bowl of chocolate ice cream – 22g of sugar

A packet of sweets – 20g of sugar

A flavoured yoghurt – 17g of sugar

A chocolate bar – 15g of sugar

A chocolate biscuit/cookie – 14g of sugar

A bowl of chocolate cereal – 11g of sugar

A plain biscuit/cookie – 8g of sugar