



An energy drink



A chocolate bar



A blueberry muffin



A packet of sweets



A plain biscuit/cookie



A bowl of chocolate ice cream



A chocolate biscuit/cookie



A flavoured yoghurt



A bowl of chocolate cereal

35g of sugar

15g of sugar

30g of sugar

20g of sugar

8g of sugar

22g of sugar

14g of sugar

17g of sugar

11g of sugar