

# Are you sugar savvy?

## INSTRUCTIONS

### About the game

The aim of this game is to encourage people to limit their intake of sugary drinks and replace them with low-sugar or sugar-free drinks.

Players may be surprised to learn how much sugar some drinks contain, particularly fruit juice and energy drinks, which they may consider to be healthier drinks. This game provides an opportunity for health professionals to discuss the health consequences of consuming too many sugary drinks.

### Where to play the game

Nutrition and health workers can use this game with staff, patients and the general public at health-related events, workshops and in consultations.

### Sugar and health

As part of a healthy balanced diet, drinks high in sugar should only be consumed in small amounts as they have usually have little nutritional value and can cause tooth decay, especially if consumed between meals. Also, sugary food and drinks can lead to weight gain as they are high in calories and not very filling. Being overweight increases a person's risk of cancer, heart disease and Type 2 diabetes.

### Sugary drink alternatives

Health professionals should encourage people to drink more water in place of sweetened drinks. Low-sugar drinks and unsweetened tea and coffee are also encouraged, but should not be someone's only source of fluid.

A glass of pure fruit juice (150ml) counts as one of our recommended five daily portions of vegetables and fruits. But as fruit juice doesn't contain the fibre found in whole fruits and vegetables, it can only count as one portion no matter how much is consumed.

### Play the game

You will need:

- The question and answer sheet
- Seven drinks from the table below:

Purchase 500ml of these drinks	Examples*
Diet juice drink	Ribena Light
Pure orange juice	Tropicana Orange Juice Original
Flavoured water	Volvic Touch of Fruit
Sports drink	Lucozade Sport Drink
Cola	Coca-Cola
Chocolate flavoured milk	Yazoo Chocolate Milk Drink
Glucose energy drink	Lucozade Energy Original

\* The sugar content of the drinks in this game is based on the examples above. Sugar content may differ substantially if the brands used in this game are different to the examples given.

Alternatively, cut out the pictures from the Drinks Template.

### How to play

1. Ask players to place the drinks (or pictures of the drinks) in order according to their sugar content, from the lowest to the highest amount of sugar.
2. Turn over the poster to reveal the correct order.

### Optional

- Fill a container with 17 teaspoons of sugar to show how much sugar is in a glucose energy drink, the most sugary drink in the line-up.
- After placing the drinks in order of their sugar content, ask participants to fill plastic cups with the amount of sugar they think each drink contains.

# TEMPLATE: Are you sugar savvy?

✂ If you don't have access to the actual drinks, print this page and then cut out the images. To make the images more robust, print the template on card.



# GAME: Are you sugar savvy?

Order the seven drinks according to their sugar content, from the lowest to the highest amount of sugar.

# ANSWER: Are you sugar savvy?



1 teaspoon



4 teaspoons



5 teaspoons



9 teaspoons



10 teaspoons



11 teaspoons



17 teaspoons

