

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 sports drinks, which they may consider to be healthier options.

This game provides the opportunity for health professionals to discuss the health implications of consuming too many sugary drinks with those they work with.

Where to play the game

Health professionals can use this game with colleagues, patients, clients and the general public at health promotion events, workshops and consultations.

Sugar and health

As part of a healthy balanced diet, drinks high in sugar should only be consumed in small amounts as they usually have little nutritional value and can cause tooth decay, especially if consumed between meals. There is also strong evidence that consuming sugary drinks regularly, or in large portions, contributes to weight gain. Being overweight or obese increases the risk of 12 types of cancer, cardiovascular disease and type 2 diabetes.

Sugary drink alternatives

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

A glass of pure fruit juice (150ml) counts as one portion of the recommended five daily portions of fruit and vegetables. But, as fruit juice doesn't contain the fibre found in whole fruit and vegetables, it can only count as one portion no matter how much is consumed. Crushing fruit and vegetables into juice and smoothies also releases the sugars they contain, which can damage teeth.

Play the game

You will need:

- The question and answer sheet.
- Seven drinks from the table below (alternatively, cut out the pictures from the Drinks Template).

Purchase 500ml bottles 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 sports drink
Cola	Coca-cola
Chocolate-flavoured milk	Yazoo chocolate milk drink
Glucose energy drink	Monster energy drink

* 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 12 teaspoons of sugar to show how much sugar is in the 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 before revealing the answer card.

For more information on sugar-sweetened drinks and cancer prevention visit:
wcrf.org/sugary-drinks



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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?

Put the seven drinks in order according to their sugar content, from the lowest to the highest amount of sugar.

Answer: Are you sugar savvy?



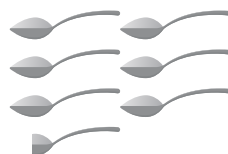
½ teaspoon



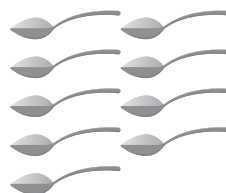
2 teaspoons



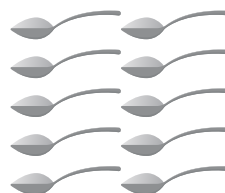
6½ teaspoons



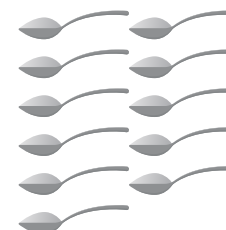
9 teaspoons



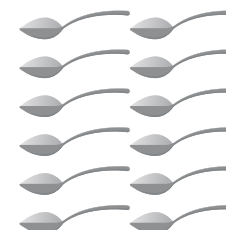
10 teaspoons



11 teaspoons



12 teaspoons



1 teaspoon = 5 grams sugar

