Free Sugar Tracker

**Track all the free sugar** (those sugars that have been added to food). You don’t have to track the amount of sugar in an orange or in real food, but everything that has been added.

You will have to do some reading of nutrition labels and use the internet to get an estimate of the amount of free sugars in the packaged foods and drink you eat.

**Reflection**: After your experience discuss how much free sugar you consumed and whether this is in line with the recommended 7 grams of free sugar per day.

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| Date: | | |
| Time  (Approximately) | Foods Eaten  (List everything!) | Amount of Free Sugar  (In grams) |
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**Reflection**: Were you at, below or above the recommended 7 grams of daily intake of free sugars. Were you surprised? Do you need to make any changes and if so what could you do to limit your free sugar intake?