

	AMOUNT	TEASPOONS SUGAR
<b>DRINKS</b>		
Cola	1 can	9
Sunny Delight	1 glass	4
J20 Orange/Passionfruit	1 bottle	7 1/2
Drinking Chocolate	1 mug	6
Horlicks	1 mug	4
Nesquik Strawberry Milk	1 glass	5 1/2
<b>CONFECTIONARY</b>		
Mars Bar	1 Bar	9
Crunchie	1 Bar	6
Creme Egg	1 Egg	6 1/2
KitKat	1 Bar	4
Wispa	1 Bar	5
Snickers	1 Bar	6 1/2
Haribo Jellies	1 Medium Bag	20
<b>BREAKFAST CEREALS</b>		
Coco-Pops	1 Bowl	4
Sugar Puffs	1 Bowl	3
Frosties	1 Bowl	3 1/2
Cheerios	1 Bowl	4

