



*ACA Health would like to  
acknowledge the following contributors:*

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**HANDBOOK  
FOR  
SPIES**



What is sugar? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

E	G	I	E	E	B	L	E	T	I	H	W	M	P
L	L	A	C	S	T	E	M	F	S	C	E	C	D
A	U	O	R	O	U	F	C	P	L	E	E	F	T
C	C	C	U	R	M	L	A	P	A	E	E	G	N
T	O	S	S	T	W	C	E	S	O	R	C	U	S
O	S	O	S	X	N	M	A	L	T	O	S	E	E
S	E	H	M	E	U	D	O	O	E	N	R	E	R
E	A	T	O	D	E	M	G	A	S	S	U	O	R
C	U	W	E	D	S	U	N	F	O	C	A	T	A
A	U	A	E	W	S	S	W	L	T	S	Y	P	G
S	M	R	U	S	C	A	O	S	C	C	E	L	U
T	O	E	E	G	N	C	R	E	U	S	N	D	S
E	S	A	O	O	A	L	B	U	R	A	O	E	C
R	C	A	N	E	B	F	L	U	F	Y	H	T	C

SUCROSE    DEXTROSE    GLUCOSE    SUGARFRUCTOSE  
 PALM (SUGAR)    CASTER (SUGAR)    MALTOSE    RAW (SUGAR)  
 BROWN (SUGAR)    HONEY    CANE (SUGAR)    LACTOSE  
 WHITE (SUGAR)

... Your mission has just begun.

SUGAR  
SPIES





Friday

Breakfast	Lunch	Dinner
Product: _____	Product: _____	Product: _____
Per serve: _____	Per serve: _____	Per serve: _____
Actual serve: _____	Actual serve: _____	Actual serve: _____
Product: _____	Product: _____	Product: _____
Per serve: _____	Per serve: _____	Per serve: _____
Actual serve: _____	Actual serve: _____	Actual serve: _____
Snacks _____		TOTAL
_____		
_____		

What foods do we find it in?

SUGAR SPIES





How much should we be eating?

Recommended daily intake

Adults: \_\_\_\_\_ grams = \_\_\_\_\_ tsp

4-6 yrs: \_\_\_\_\_ grams = \_\_\_\_\_ tsp

7-10 yrs: \_\_\_\_\_ grams = \_\_\_\_\_ tsp

11+ yrs: \_\_\_\_\_ grams = \_\_\_\_\_ tsp

Current daily intake

Adults: \_\_\_\_\_ grams = \_\_\_\_\_ tsp

14-19 yrs: \_\_\_\_\_ grams = \_\_\_\_\_ tsp

4 grams = 1 tsp



Wednesday

Thursday

	Breakfast	Lunch	Dinner
Wednesday	Product: _____	Product: _____	Product: _____
	Per serve: _____	Per serve: _____	Per serve: _____
	Actual serve: _____	Actual serve: _____	Actual serve: _____
	Product: _____	Product: _____	Product: _____
	Per serve: _____	Per serve: _____	Per serve: _____
	Actual serve: _____	Actual serve: _____	Actual serve: _____
Snacks _____			TOTAL
Thursday	Product: _____	Product: _____	Product: _____
	Per serve: _____	Per serve: _____	Per serve: _____
	Actual serve: _____	Actual serve: _____	Actual serve: _____
	Product: _____	Product: _____	Product: _____
	Per serve: _____	Per serve: _____	Per serve: _____
	Actual serve: _____	Actual serve: _____	Actual serve: _____
Snacks _____			TOTAL



**Your Mission:**  
Spy on the sugars you eat this week...

Monday

Breakfast	Lunch	Dinner
Product: _____	Product: _____	Product: _____
Per serve: _____	Per serve: _____	Per serve: _____
Actual serve: _____	Actual serve: _____	Actual serve: _____
Product: _____	Product: _____	Product: _____
Per serve: _____	Per serve: _____	Per serve: _____
Actual serve: _____	Actual serve: _____	Actual serve: _____
Snacks _____		TOTAL

Tuesday

Product: _____	Product: _____	Product: _____
Per serve: _____	Per serve: _____	Per serve: _____
Actual serve: _____	Actual serve: _____	Actual serve: _____
Product: _____	Product: _____	Product: _____
Per serve: _____	Per serve: _____	Per serve: _____
Actual serve: _____	Actual serve: _____	Actual serve: _____
Snacks _____		TOTAL

Why is it bad for us?

Circle the ways sugar can effect us now:

- Wellbeing
- Health
- Fast growing nails
- Less activie
- Stress
- Nice Hair
- tiredness
- concerntation
- Big Muscles

What else: \_\_\_\_\_

Long term problems: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





## How to find the sugar!

Elijah eats Weet-Bix and Skippy Cornflakes for breakfast. Using the food labels below, find out how much sugar Elijah consumes at breakfast if he eats:

3 x Weet-Bix and 3 cups of Cornflakes

NUTRITION INFORMATION (Average)		
Serving Size: 33g (2 biscuits) Servings Per Pack: 42		
	PER SERVE	PER 100g
Energy (kJ)	492	1490
(Cal)	118	355
Protein (g)	4.1	12.4
Fat, Total (g)	0.4	1.3
- Saturated Fat (g)	0.1	0.3
- Trans Fat (g)	0.0	0.0
- Polyunsaturated Fat (g)	0.2	0.8
- Monounsaturated Fat (g)	0.1	0.2
Carbohydrate, Total (g)	22.1	67.0
<b>- Sugars (g)</b>	<b>1.1</b>	<b>3.3</b>
Dietary Fibre (g)	3.6	11.0
Sodium (mg)	89	270
Potassium (mg)	112	340
<b>Thiamin (Vitamin B1) (mg)</b>	<b>0.55 (50% RDI)*</b>	<b>1.67</b>
<b>Riboflavin (Vitamin B2) (mg)</b>	<b>0.43 (25% RDI)*</b>	<b>1.31</b>
<b>Niacin (Vitamin B3) (mg)</b>	<b>2.5 (25% RDI)*</b>	<b>7.6</b>
Folate (µg)	80 (40% RDI)**	242
<b>Iron (mg)</b>	<b>3.0 (25% RDI)*</b>	<b>9.1</b>
Magnesium (mg)	35 (11% RDI)*	107

\*Percentage of Recommended Dietary Intake (RDI).  
 \*\*1 serve provides 20% of the folate RDI for women of childbearing age.  
 \*As part of a balanced diet.  
 One 33g serve of Weet-Bix contributes over 60% towards the Grains and Legumes Nutrition Council™ 48g Wholegrain Daily Target Intake.

NUTRITION INFORMATION (Average)		
Serving Size: 30g (Approx. 1 cup) Servings Per Pack: 16		
	PER SERVE	PER 100g
Energy (kJ)	456	1520
(Cal)	109	363
Protein (g)	2.3	7.5
Fat, Total (g)	0.1	0.3
- Saturated Fat (g)	<0.1	0.1
Carbohydrate, Total (g)	24.0	80.0
- Sugars (g)	2.6	8.6
Dietary Fibre (g)	0.7	2.4
Sodium (mg)	176	585
Thiamin (Vitamin B1) (mg)	0.55 (50% RDI)*	1.83
Riboflavin (Vitamin B2) (mg)	0.43 (25% RDI)*	1.42
Niacin (Vitamin B3) (mg)	2.5 (25% RDI)*	8.3
Folate (µg)	75 (30% RDI)**	250
Iron (mg)	3.0 (25% RDI)*	10.0

Per serve: \_\_\_\_\_

Per 100g: \_\_\_\_\_

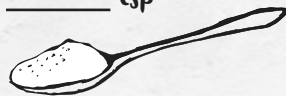
Actual serve: \_\_\_\_\_

Per serve: \_\_\_\_\_

Per 100g: \_\_\_\_\_

Actual serve: \_\_\_\_\_

Total sugars: \_\_\_\_\_ grams \_\_\_\_\_ tsp



## What other foods can you spy on?

Product: \_\_\_\_\_

Per serve: \_\_\_\_\_

Per 100g: \_\_\_\_\_

Actual serve: \_\_\_\_\_

Product: \_\_\_\_\_

Per serve: \_\_\_\_\_

Per 100g: \_\_\_\_\_

Actual serve: \_\_\_\_\_

Product: \_\_\_\_\_

Per serve: \_\_\_\_\_

Per 100g: \_\_\_\_\_

Actual serve: \_\_\_\_\_

Product: \_\_\_\_\_

Per serve: \_\_\_\_\_

Per 100g: \_\_\_\_\_

Actual serve: \_\_\_\_\_

Product: \_\_\_\_\_

Per serve: \_\_\_\_\_

Per 100g: \_\_\_\_\_

Actual serve: \_\_\_\_\_

Product: \_\_\_\_\_

Per serve: \_\_\_\_\_

Per 100g: \_\_\_\_\_

Actual serve: \_\_\_\_\_

