



Party Time!

We often see party favours have moved on from toys into edible goodies, but its worth looking into how much sugar they are being given.



This cone of sweeties came from a 7-year-olds birthday party as a gift to all children.... **The cone weighs 771g.** *Can you guess how many grams of this is sugar?*

LOLLIPOPS
12g of sugar each
= 36g / 9 cubes

SHELLED SWEET
0.5 of sugar each
= 8g / 2 cubes

MARSHMALLOWS
4g of sugar each
= 44g / 11 cubes

FOAM SHRIMPS AND BANANAS
1.6g of sugar each
= 40.5g / 10 cubes

FIZZY & PLAIN GUMMY SWEETS
12.7g of sugar each
= 535.8g / 134 cubes

GRAND TOTAL OF 664.3 GRAMS / 166 CUBES OF SUGAR

The maximum recommended daily amounts of sugar are:

Age Group	Recommended Sugar (Cubes)	Recommended Sugar (Grams)
4 to 6 years old	5 cubes	19 grams
7 to 10 years old	6 cubes	24 grams
11 and older	7 cubes	30 grams

This party cone contains almost **28x of a 7-year-olds daily** recommended sugar allowance.