

Did You Know?

1 Jalebi



= 6 
Teaspoons of sugar

1 Gulab Jamun



= 5 
Teaspoons of sugar

1 Gajar Halwa



= 4 
Teaspoons of sugar

1 Ladoo



= 4 
Teaspoons of sugar

1 Barfi



= 2 
Teaspoons of sugar

1 Besan



= 3 
Teaspoons of sugar

1 Milk Cake



= 5 
Teaspoons of sugar

1 Rasgulla



= 6 
Teaspoons of sugar



Did You Know?

Pop Can



= **10** 

Teaspoons of sugar

Small Slushie



= **6** 

Teaspoons of sugar

Mango Milkshake



= **12** 

Teaspoons of sugar

Small French Vanilla/ Hot Chocolate



= **10** 

Teaspoons of sugar

Almond Shake



= **8** 

Teaspoons of sugar

Iced Tea



= **6** 

Teaspoons of sugar

Sports Drink



= **10** 

Teaspoons of sugar

Water



= **0** 

Teaspoons of sugar



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www.fraserhealth.ca/sahi | SouthAsianHealth@fraserhealth.ca