

SIP SMART! BC™

THE SCOOP ON SUGAR!

Answer Key

Natural or Added?

Circle all the foods and drinks with only naturally occurring sugars:

plain milk - lactose	root beer	banana - fructose
strawberry soy beverage	chocolate milk	ginger ale
fruit punch	cola	club soda
100% orange juice - fructose	grape cocktail	strawberry - fructose

Naturally occurring sugars are usually present in foods that have many other vitamins and minerals.



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

