The amount of sugar in common food items

Lollies, each one = 1 teaspoon
Cake, one slice = 4 teaspoons
Sweet biscuits = 1 teaspoon
Jelly, one serve = 4 teaspoons
Chocolate, two squares = 1 teaspoon
Jam, one teaspoon = 1/2 teaspoon
Fruit juice drink, one glass = 3 teaspoons
Soft drink, one can = 12 teaspoons
Cordial, one glass = 5 teaspoons
Ice cream, one scoop = 1 1/2 teaspoons
Ice blocks, one = 5 teaspoons

*1 teaspoon equals 5 grams of sugar