

How does your drink measure up?

Circle or color in the number of teaspoons of sugar found in each of the following beverages.

Remember: there are 4 grams of sugar in 1 teaspoon
(grams of sugar ÷ 4 = teaspoons of sugar)

Also, think about where the sugar in each of these drinks comes from.

Nutrition Facts	
Serving Size: 20 oz	
Amount per Serving	
Calories 240	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Monounsaturated Fat 0g	
Polyunsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Potassium 0mg	0%
Total Carbohydrate 65g	22%
Dietary Fiber 0g	0%
Sugars 65g	
Protein 0g	0%

Soda

20 oz. bottle _____ g of sugar = _____ tsp of sugar



What other important nutrients does this drink provide?

Nutrition Facts	
Serving Size 609 g	
Amount Per Serving	
Calories 158	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 238mg	10%
Total Carbohydrate 39g	13%
Dietary Fiber 0g	0%
Sugars 32g	
Protein 0g	

Sports Drink

20 oz. bottle _____ g of sugar = _____ tsp of sugar



What other important nutrients does this drink provide?

Nutrition Facts	
Serving Size 1 cup (236mL)	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	

Non-fat Milk

1 cup (8 oz.) _____ g of sugar = _____ tsp of sugar



What other important nutrients does this drink provide?

Your favorite drink: _____ g of sugar = _____ tsp of sugar

Check the nutrition facts panel to find grams of sugar!



What other important nutrients does this drink provide?



Public Health

100 Years of Service * 1913-2013

Durham County Department of Public Health Nutrition Division (919) 560-7837. This material was funded by the SNAP-Ed Nutrition Education and Obesity Prevention Grant Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Offices of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer. SNAP, or Food and Nutrition Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (919) 560-8000.