

# Find the Sugar

Name \_\_\_\_\_

## Part I: Word Find

Find each of the words for sugars and artificial sweeteners in the puzzle. Words may appear forward, backward, diagonally, horizontally, or vertically.

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

aspartame

dextrose

glucose

maltodextrin

molasses

sucrose

corn syrup

fructose

honey

maltose

sucralose

sugar

## Part II: What's in Your Drink?

Circle the words for sugar and any artificial sweeteners in the ingredients lists that follow. Which drink has the most types of added sugar? Next, circle the grams of sugar in each food label. Which drink has the most grams of sugar? Note which drinks are sold in bottles that contain more than one serving.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

## Nutrition Facts

Serving Size 8 fl oz (250 ml)

Amount Per Serving % DV\*

**Calories** 110

**Total Fat** 0g 0%

**Sodium** 15mg 1%

**Total Carbohydrate** 29g 10%

Sugars 28g

**Protein** 0g

**Vitamin C** 0%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium, or iron.

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Minute Maid Pink Lemonade Ingredients

Pure filtered water, high-fructose corn syrup, lemon juice from concentrate, grape juice from concentrate (for color), lemon pulp, natural flavors, sugar

*Note:* This drink may be sold in bottles that contain more than one serving. A 20-ounce (590 ml) bottle contains 67 grams of sugar.

## Nutrition Facts

Serving Size 8 fl oz (250 ml)

Amount Per Serving % DV\*

**Calories** 120

**Total Fat** 0g 0%

**Sodium** 30mg 1%

**Total Carbohydrate** 32g 15%

Sugars 32g

**Protein** 0g

**Vitamin C** 100%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium, or iron.

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Hi-C Blast Fruit Drink, Orange Ingredients

Pure filtered water, sweeteners (high-fructose corn syrup, sugar), orange juice from concentrate, less than 0.5% of: vitamin C (ascorbic acid), natural and artificial flavors, citric acid (provides tartness), sodium benzoate, potassium sorbate, calcium disodium EDTA (to protect taste), yellow 6

Nutrition information obtained from company websites, retrieved June 10, 2014: Minute Maid Lemonade, [www.minutemaids.com/lemonade-and-punch/pink-lemonade-20-fl-oz-bottle](http://www.minutemaids.com/lemonade-and-punch/pink-lemonade-20-fl-oz-bottle); Hi-C, [www.shopwell.com/hi-c-flavored-fruit-drink-orange/juice/p/2500001138](http://www.shopwell.com/hi-c-flavored-fruit-drink-orange/juice/p/2500001138)

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

## Nutrition Facts

Serving Size 8 fl oz (250 ml)

Amount Per Serving	% DV*
--------------------	-------

**Calories** 110

<b>Total Fat</b> 0g	<b>0%</b>
---------------------	-----------

<b>Sodium</b> 15mg	<b>1%</b>
--------------------	-----------

<b>Potassium</b> 450 mg	<b>13%</b>
-------------------------	------------

<b>Total Carbohydrate</b> 27g	<b>9%</b>
-------------------------------	-----------

Sugars 24g
------------

<b>Protein</b> 2g
-------------------

Vitamin C 130%	B <sub>6</sub> 4%
----------------	-------------------

Thiamin 10%	Niacin 2%
-------------	-----------

Folate 15%	Calcium 2%
------------	------------

Magnesium 6%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium, or iron.

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Orange Juice (Minute Maid) Ingredients

100% pure squeezed orange juice from concentrate (pure filtered water, premium concentrate orange juice)

*Note:* This drink may be sold in bottles that contain more than one serving. A 10-ounce (300 ml) bottle contains 30 grams of sugar.

## Nutrition Facts

Serving Size 12 fl oz (355 ml)

Amount Per Serving	% DV*
--------------------	-------

**Calories** 80

<b>Total Fat</b> 0g	<b>0%</b>
---------------------	-----------

<b>Sodium</b> 160mg	<b>7%</b>
---------------------	-----------

<b>Potassium</b> 45mg	<b>1%</b>
-----------------------	-----------

<b>Total Carbohydrate</b> 21g	<b>7%</b>
-------------------------------	-----------

Sugars 21g
------------

<b>Protein</b> 0g
-------------------

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, or iron.

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Gatorade Cool Blue Thirst Quencher Ingredients

Water, sugar, dextrose, citric acid, natural and artificial flavor, salt, sodium citrate, monopotassium phosphate, modified food starch, glycerol ester of rosin, blue 1

*Note:* This drink is sold in bottles that contain more than one serving. A 12-ounce (355 ml) bottle contains about 21 grams of sugar, and a 32-ounce (950 ml) bottle contains about 53 grams of sugar.

Nutrition information obtained from company websites, retrieved June 10, 2014: Gatorade, [www.gatorade.com/products/g-series/thirst-quencher](http://www.gatorade.com/products/g-series/thirst-quencher); Minute Maid, [www.minutemaids.com/orange-juice](http://www.minutemaids.com/orange-juice)

## Nutrition Facts

Serving Size 8 fl oz (250 ml)

Amount Per Serving	% DV*
<b>Calories</b> 90	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Potassium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Sugars 24g	
<b>Protein</b> 0g	

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, or iron.

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Nutrition Facts

Serving Size 8 fl oz (250 ml)

Amount Per Serving	% DV*
<b>Calories</b> 110	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Potassium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Sugars 27g	
<b>Protein</b> 0g	

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, or iron.

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## AriZona Iced Tea, Lemon Flavor Ingredients

Premium brewed tea using filtered water, high-fructose corn syrup (glucose-fructose syrup), citric acid, natural lemon flavor.

*Note:* This drink is sold in bottles that contain more than one serving. A 16-ounce (475 ml) bottle contains 48 grams of sugar.

## Monster Energy Drink Ingredients

Carbonated water, glucose, natural flavors, taurine, sodium citrate, color added, panax ginseng root extract, L-carnitine, caffeine, sorbic acid, benzoic acid, niacinamide, sodium chloride, clucuronolactone, inositol, guarana seed extract, pyridoxine hydrochloride, sucralose, riboflavin, maltodextrin, cyanocobalamin

*Note:* This drink is sold in cans that contain more than one serving. A 16-ounce (475 ml) can contains 54 grams of sugar.

Nutrition information obtained from company websites, retrieved June 10, 2014: Monster Energy Drink, [www.walmart.com/ip/Monster-Energy-Drink-16-fl-oz-4-count/10534634#Nutrition+Facts](http://www.walmart.com/ip/Monster-Energy-Drink-16-fl-oz-4-count/10534634#Nutrition+Facts); AriZona Iced Tea, [www.drinkarizona.com/index\\_national.html#product\\_lemon\\_tea](http://www.drinkarizona.com/index_national.html#product_lemon_tea)