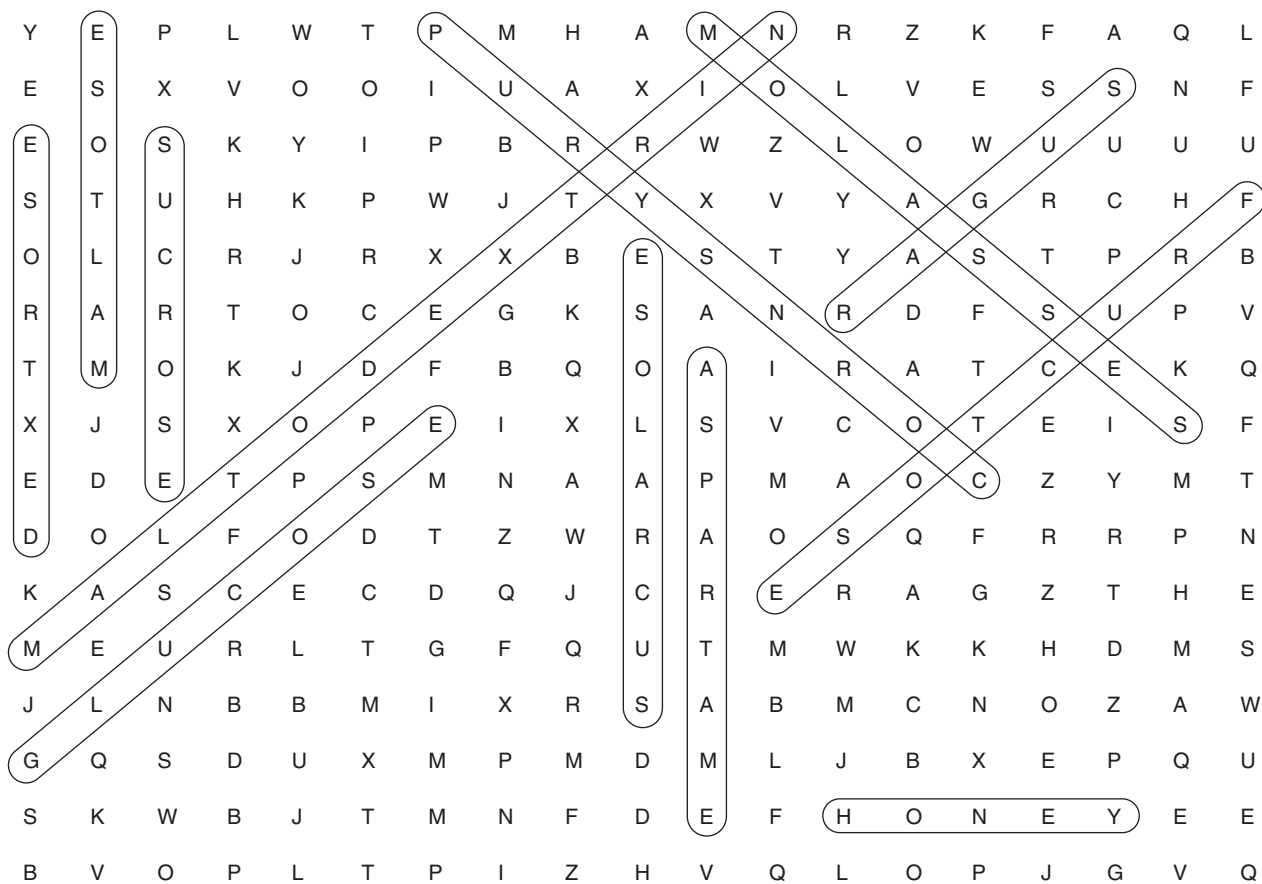


Find the Sugar

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.



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?

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 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.

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.

Minute Maid Pink Lemonade

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.

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; Hi-C, www.shopwell.com/hi-c-flavored-fruit-drink-orange/juice/p/2500001138

Nutrition Facts

Serving Size 8 fl oz (250 ml)

Amount Per Serving	% DV*
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Calories 110

Total Fat 0g	0%
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Sodium 15mg	1%
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Potassium 450 mg	13%
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Total Carbohydrate 27g	9%
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Sugars 24g	
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Protein 2g	
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Vitamin C 130%	B ₆ 4%
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Thiamin 10%	Niacin 2%
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Folate 15%	Calcium 2%
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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*
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Calories 80

Total Fat 0g	0%
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Sodium 160mg	7%
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Potassium 45mg	1%
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Total Carbohydrate 21g	7%
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Sugars 21g	
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Protein 0g	
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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 may be sold in bottles that contain more than one serving. 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; Minute Maid, www.minutemaids.com/orange-juice

Nutrition Facts

Serving Size 8 fl oz (250 ml)

Amount Per Serving	% DV*
Calories 90	
Total Fat 0g	0%
Sodium 20mg	1%
Potassium 0mg	0%
Total Carbohydrate 25g	8%
Sugars (24g)	
Protein 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*
Calories 110	
Total Fat 0g	0%
Sodium 180mg	8%
Potassium 0mg	0%
Total Carbohydrate 27g	9%
Sugars (27g)	
Protein 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; AriZona Iced Tea, www.drinkarizona.com/index_national.html#product_lemon_tea

Teacher Notes

- High-fructose corn syrup is still a commonly added sugar, which is added to the Pink Lemonade, Hi-C Blast Fruit Drink, Orange (these products also list sugar itself as an ingredient), and AriZona Iced Tea.
- 100% orange juice is the only drink listed that has no added sugars.
- Dextrose and sugar are added to Gatorade.
- The Monster Energy drink contains glucose and maltodextrin as well as the artificial sweetener sucralose. Note that energy drinks also contain caffeine and several other additives that may not be healthy for children.
- Hi-C Blast Fruit Drink, Orange contains the most sugar at 32 grams per 8-ounce (240 ml) serving (this is equivalent to 8 teaspoons of sugar).