

Where's the Sugar?

Name _____

Part I: What Did You Drink?

Fill in the Beverage Count table (table 19.1) with the number of cans of soda, bottles of sports drink, and pouches of fruit punch you had yesterday and the day before yesterday.

You may need to estimate the amounts that you drank and round to a whole number. For instance, if you opened a 20-ounce (590 ml) bottle of soda but drank only half of it, you consumed approximately one 12-ounce (355 ml) can of soda.

TABLE 19.1 Beverage Count

	Soda—12 oz (355 ml) can (10 tsp of sugar)	Sports drink—16 oz (475 ml) bottle (7 tsp of sugar)	Fruit punch—7 oz (210 ml) pouch (7 tsp of sugar)
How many did you drink yesterday?			
How many did you drink the day before yesterday?			
Total drinks			

Calculate the total teaspoons of sugar you consumed from drinks over the past two days.

1. How many teaspoons of sugar did you consume from soda over the past two days? For example, if you drank 2 cans, then $2 \text{ cans} \times 10 \text{ teaspoons} = 20 \text{ teaspoons}$ of sugar.
2. How many teaspoons of sugar did you consume from sports drinks over the past two days? For example, if you drank 1 bottle, then $1 \text{ bottle} \times 7 \text{ teaspoons} = 7 \text{ teaspoons}$ of sugar.
3. How many teaspoons of sugar did you consume from fruit punch over the past two days? For example, if you drank 2 juice pouches, then $2 \text{ juice pouches} \times 7 \text{ teaspoons} = 14 \text{ teaspoons}$ of sugar.
4. Add it all up: How many teaspoons of sugar did you consume from soda, sports drinks, and fruit punches over the past two days?

Teaspoons of sugar from soda: _____

+ teaspoons of sugar from sports drinks: _____

+ teaspoons of sugar from fruit punch: _____

= total teaspoons 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).

Part II: How Much Sugar Is This?

1. There are 24 teaspoons in $\frac{1}{2}$ cup. How many cups of sugar did you consume in the past two days by drinking sugary beverages? _____
2. What is your average intake of sugar per day from soda and other sugary drinks? (*Hint: Divide the total number of teaspoons from the past two days by 2.*)

3. If you continue drinking the same amount of soda and other sugary drinks, how many teaspoons of sugar will you consume over one week? (*Hint: Use the average teaspoons of sugar consumed each day to calculate the teaspoons of sugar consumed over one week.*) _____
4. If 108 teaspoons of sugar equals 1 pound (0.5 kg), then how many pounds of sugar might you consume from soda and other sugary drinks over a month? (Use the average of four weeks in a month.) How many pounds might you consume over a year?

Part III: What Can You Say About Your Drinks?

Write a statement that describes your drinks over the past two days. Describe at least one health effect of your drinks. Do you need to make healthier choices? What could you do to improve your drink choices?

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