



Name _____

Soda and Sport Drinks: How Many Do You Drink?

Part I

1. How many sodas and sport drinks have you consumed in the past seven days? Record your estimates in column 2 of the following table.
2. Examine the food labels on the next page. How many grams of sugar are in each serving? Record your answers in column 3 of the table.
3. How many grams of sugar are in the entire bottle? (Note: Some bottles contain more than one serving.) Total grams = number of servings × grams per serving. Record in column 4.
4. Calculate the total number of grams of sugar you consumed in each beverage category by multiplying the number of drinks (column 2) by the grams per container. (Total grams = number of drinks × grams per bottle.) Record your answers in column 5. Sum the total of all the categories.
5. Calculate the number of teaspoons of sugar you consumed. One teaspoon contains 4 grams of sugar (1 tsp = 4 g).

$$\text{Number of teaspoons} = \text{number of grams} \times 1 \text{ teaspoon} / 4 \text{ grams}$$

6. Which container has more sugar, a 12-ounce (375-milliliter) soda or a 20-ounce (600-milliliter) sport drink?
7. What other nutrients (vitamins, minerals, protein, fat, salts) are found in these drinks?

	Number in last seven days	Grams per serving	Grams per container	Total grams	Total teaspoons
<i>Example: 12 oz soda</i>	3	41	41	123	30.75
12 oz (375 ml) soda					
20 oz (600 ml) soda					
20 oz (600 ml) sport drink					
Bottled water					
Other					
			Total		

(continued)

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Activity 19.1
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Soda and Sport Drinks: How Many Do You Drink? *(continued)*

Bottle of water
Nutrition Facts
Serving Size 1 Bottle
Amount Per Serving
Calories 0
% Daily Value
Total Fat 0 g 0%
Sodium 10 mg 0%
Total Carb. 0 g 0%
Sugars 0 g
Protein 0 g
*Percent Daily Values are based on 2,000-calorie diet.

12 oz (375 ml) soda
Nutrition Facts
Serving Size 1 Can
Amount Per Serving
Calories 150
% Daily Value
Total Fat 0 g 0%
Sodium 35 mg 1%
Total Carb. 41 g 14%
Sugars 41 g
Protein 0 g
*Percent Daily Values are based on 2,000-calorie diet.

20 oz (600 ml) soda
Nutrition Facts
Serving Size 8 fl oz (240 ml)
Servings Per Container 2.5
Amount Per Serving
Calories 100
% Daily Value
Total Fat 0 g 0%
Sodium 25 mg 1%
Total Carb. 27 g 9%
Sugars 27 g
Protein 0 g
*Percent Daily Values are based on 2,000 calorie diet.

20 oz (600 ml) sport drink
Nutrition Facts
Serving Size 8 fl oz (240 ml)
Servings Per Container 2.5
Amount Per Serving
Calories 50
% Daily Value
Total Fat 0 g 0%
Sodium 110 mg 5%
Potassium 30 mg 1%
Total Carb. 14 g 5%
Sugars 14 g
Protein 0 g
*Percent Daily Values are based on 2,000 calorie diet.

Reflecting on Your Observations

1. Were you surprised by the amount of sugar you consumed? Explain.
2. Why isn't the sugar in drinks visible?