

Sugar Shocker!

How many cups of water do you drink in a day?



How does that compare to other sugary drinks, like soda or juice?

Let's Compare!

How would you rank these beverages from least sugar to most sugar?

- Fanta Orange Soda
- Caprisun Fruit Punch
- Rockstar Energy Drink
- Old Orchard 100% Grape Juice
- Gatorade Fruit Punch
- Old Orchard Lemonade
- Sunny D
- Orange Juice
- Chocolate Milk

How Many Tablespoons?

4 grams = 1 teaspoon

To calculate teaspoons,
divide the grams of sugar
by 4

Example:

Sugars: 10 g

Teaspoons = 2.5 or 2 r2



NUTRITION FACTS:
FANTA ORANGE SODA

SERVING SIZE:

12 fl oz

fl = fluid

oz = ounces

SUGARS:

45 g (grams)



NUTRITION FACTS:

CAPRISUN

PACIFIC COOLER

SERVING SIZE:

ONE POUCH (6 oz)

SUGARS:

14 g



**NUTRITION FACTS:
ROCKSTAR ENERGY DRINK**

**SERVING SIZE:
8 fl oz**

**SUGARS:
31 g**

***How many sugars
in a whole can?
-Hint: multiply by 2!**



NUTRITION FACTS:

OLD ORCHARD

100% GRAPE JUICE

SERVING SIZE: 8 oz

SUGARS:

36 g



GATORADE FRUIT PUNCH

SERVING SIZE:
1 BOTTLE (12 oz)

SUGARS:

22 g



NUTRITION FACTS:

OLD ORCHARD LEMONADE

SERVING SIZE:

8 fl oz

SUGARS:

19 g



SUNNY D

SERVING SIZE:

8 fl oz

SUGARS:

14 g



NUTRITION FACTS:

MINUTE MAID

ORANGE JUICE

SERVING SIZE:

8 fl oz

SUGARS:

24 g



NUTRITION FACTS:

CHOCOLATE MILK

SERVING SIZE:

1 CUP

***1 CUP = 8 oz**

SUGARS:

25 g



Ready?

LET'S CHECK OUR WORK!

Sugar Amounts in Teaspoons

Beverage	Sugar in grams	Sugar in teaspoons
Fanta	45 g	11 r1
Caprisun	14 g	3 r2
Rockstar	31 g	7 r3
Grape Juice	36 g	9
Gatorade	22 g	5 r2
Lemonade	19 g	4 r3
Sunny D	14 g	3 r2
Orange Juice	24 g	6
Chocolate Milk	25 g	6 r1

How do they rank?

Least sugar to most sugar

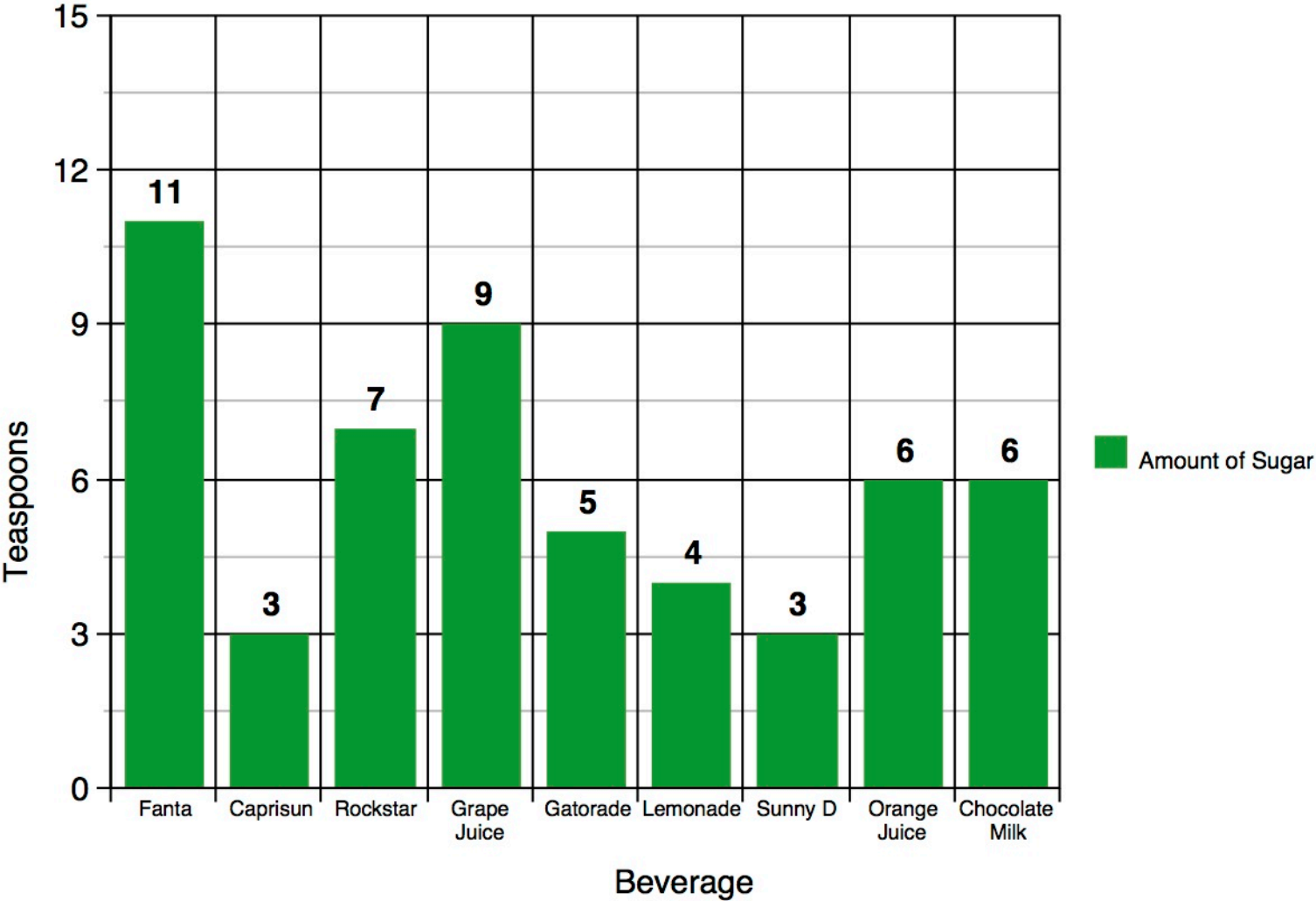
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Least sugar to most sugar

Rank	Beverage	Sugar in grams	Sugar in teaspoons
1 *tie	Caprisun	14 g	3 r2
2 *tie	Sunny D	14 g	3 r2
3	Lemonade	19 g	4 r3
4	Gatorade	22 g	5 r2
5	Orange Juice	24 g	6
6	Chocolate Milk	25 g	6 r1
7	Rockstar	31 g	7 r3
8	Grape Juice	36 g	9
9	Fanta	45 g	11 r1

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