ALL OF THESE DRINKS: WHAT DO YOU THINK?

HOW MUCH SUGAR IS IN YOUR DRINK?

USE THE SUGAR CUBES ON THE TABLE TO CREATE A DISPLAY OF THE AMOUNT OF SUGAR CONTAINED IN A VARIETY OF BEVERAGES.

EXAMPLE

- There are four grams of sugar in one sugar cube.
- One serving of the fruit drink at right has 20 grams of sugar.
- Divide by four to get the number of sugar cubes in this drink.
- 20 ÷ 4 = 5 sugar cubes
- Place five sugar cubes beside this photo card.
Explain the difference between naturally occurring sugars and added sugars.

• Sugar can occur naturally in foods, examples include milk, fruits and some vegetables. The sugar in whole foods is less of a problem because these foods also include a variety of important nutrients.

• Most of the sugar we eat comes from adding sugar to foods. Americans of all ages take in too much added sugar.

• Sugary drinks are one of the biggest sources of added sugars in our diet.

So, in summary:

• Most sugars are naturally occurring.
• Sugary drinks are primarily added sugars.

Explain why eating or drinking too much sugar contributes to poor health.

Too much sugar in the diet contributes to dental decay, excess calories, nutrient deficiencies and poor health. Added sugars are considered “empty calories” because they provide few nutrients.

Sugar is a type of simple carbohydrate that gives your body energy. The energy boost from sugar is short-lived though, resulting in a “crash” which often leaves you craving more sugar.

Complete the “All of These Drinks: What do You Think?” activity sheet and use the sugar cubes to display the amount of sugar in beverages.

EXAMPLE

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Use the In A Box photo cards or the information on the next page to view the nutrition labels for the following beverages:

- 1% milk
- 100% orange juice
- Fruit drink
- Sports drink
- Soda pop
- "Energy" drink
- Sweetened coffee drink
- Bottled water

1. For vitamins and minerals such as vitamin A, vitamin C, vitamin D, calcium, potassium, and others, a food or beverage that provides at least 10% of the Daily Value (DV) of a nutrient per serving is considered a "good source" of that nutrient. List the beverages from the list above that contain at least 10% of the following nutrients per serving:
   - Vitamin A: ________________________________________________
   - Vitamin C: ________________________________________________
   - Vitamin D: ________________________________________________
   - Calcium: _________________________________________________
   - Potassium: ________________________________________________

2. Milk (non-flavored) and 100% orange juice contain naturally occurring sugars. Water does not contain sugar of any kind. The remaining beverages contain added sugars.

   Rank the remaining five beverages from the list above from highest to lowest in added sugar content per serving size:
   1. ________________________________________________
   2. ________________________________________________
   3. ________________________________________________
   4. ________________________________________________
   5. ________________________________________________

3. Look at the energy drink label. What other ingredient besides added sugar is of concern? 
   Hint: Look at the warning label.

4. Use the sugar cubes to create a display next to each photo card of the amount of sugar in each beverage. Divide the amount of sugar per serving by four to get the number of sugar cubes per serving. Use rounding as needed. 
   (See example on card and poster).

5. For an average 10-14 year-old, the maximum amount of added sugars is around 50-60 total grams for the entire day.

   From what you have learned in this activity, would it be easy to fit sugar sweetened beverages into your daily diet? YES or NO
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Vitamin A: ________________________________________________
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2. Milk (non-flavored) and 100% orange juice contain naturally occurring sugars. Water does not contain sugar of any kind. The remaining beverages contain added sugars.

Rank the remaining five beverages from the list above from highest to lowest in added sugar content per serving size:
1. Soda pop
2. Caramel Frappuccino
3. Energy Drink
4. Sports Drink
5. Fruit Drink

3. Look at the energy drink label. What other ingredient besides added sugar is of concern? Hint: Look at the warning label. Caffeine

4. Use the sugar cubes to create a display next to each photo card of the amount of sugar in each beverage. Divide the amount of sugar per serving by four to get the number of sugar cubes per serving. Use rounding as needed. (See example on card and poster).

   Answers below on cards

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   From what you have learned in this activity, would it be easy to fit sugar sweetened beverages into your daily diet? YES or NO