

# 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:

OLD ORCHARD

100% GRAPE JUICE

SERVING SIZE: 8 oz

SUGARS:

36 g





**NUTRITION FACTS:**

# **OLD ORCHARD LEMONADE**

**SERVING SIZE:**

**8 fl oz**

**SUGARS:**

**19 g**



**NUTRITION FACTS:**

**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

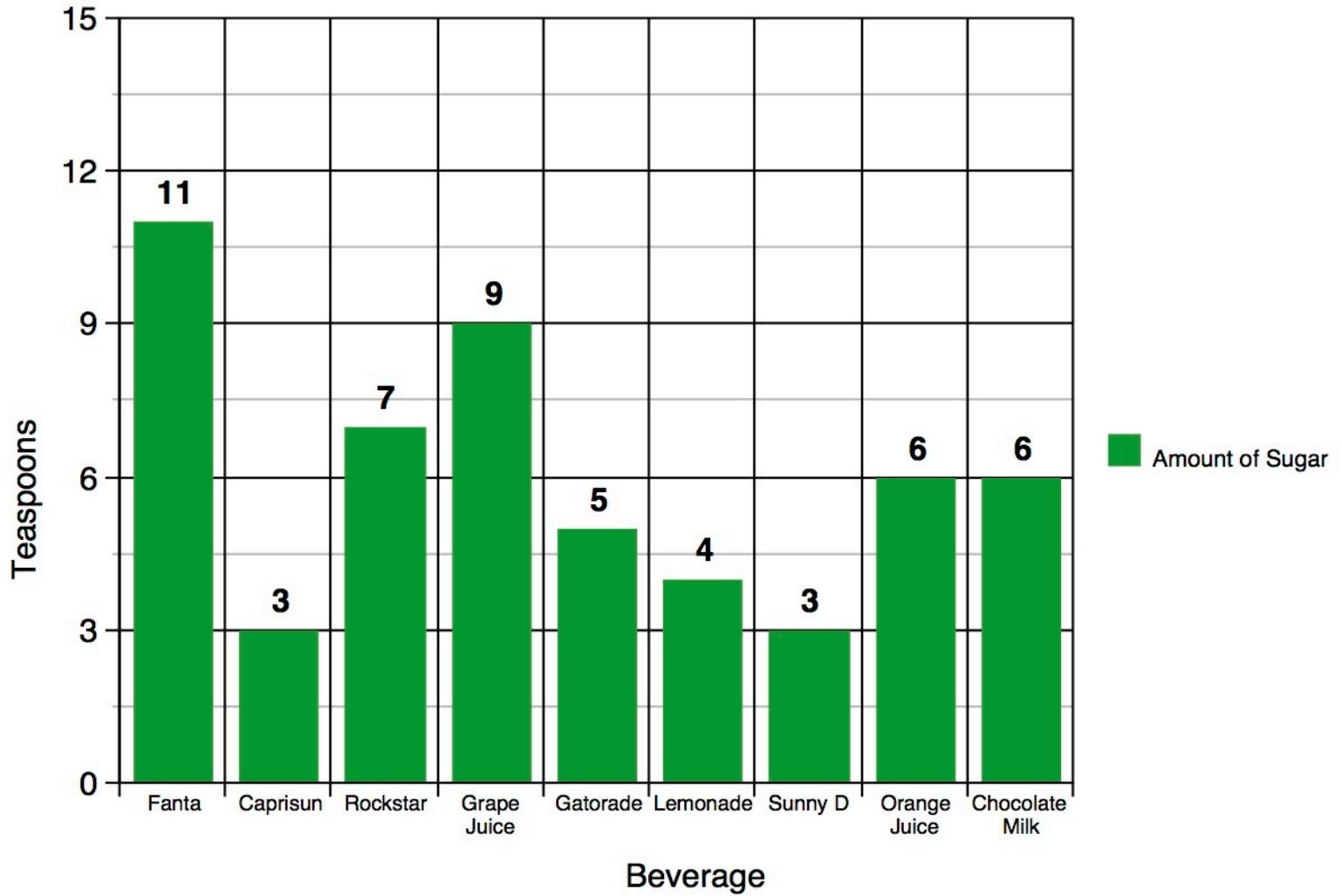
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# How do they rank?

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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