

# Lesson 3 ♥ How Much Sugar Is in Your Favorite Drinks? - Handout



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Pd: \_\_\_\_\_

## Nutrition Facts Label

Orange-Flavored Fruit Drink (20 oz.)	
<b>Nutrition Facts</b>	
Serving Size = 8 fl oz	
Servings Per Container = 2.5	
<b>Amount Per Serving</b>	
Calories = 120      Calories from fat = 0	
<b>% Daily Value</b>	
<b>Total Fat</b> 0g	0%
<b>Saturated Fat</b> 0g	0%
<i>Trans Fat</i> 0g	
<b>Monounsaturated Fat</b> 0g	
<b>Polyunsaturated Fat</b> 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 200mg	8%
<b>Total Carbohydrate</b> 28g	10%
Dietary Fiber 0g	0%
Sugars 27g	
<b>Protein</b> 0g	
Vitamin A 0%	• Vitamin C 100%
Calcium 0%	• Iron 0%
Vitamin D 0%	• Phosphorus 0%
* Percent Daily Values are based on a 2,000 calorie diet.	
<b>Ingredients:</b> water, high fructose corn syrup and 2% or less of each of the following: concentrated juices (orange, lime, grapefruit), citric acid, ascorbic acid (Vitamin C), natural flavors, modified corn starch, canola oil, sodium citrate, xanthan gum, sodium benzoate to protect flavor, artificial colors.	

### CALCULATE TEASPOONS OF SUGAR PER CONTAINER

1. Locate the number of servings per container. (Ex: 2.5)
2. Locate the number of grams of sugar per serving. (Ex: 27g)
3. Calculate the number of grams of sugar in the container by multiplying servings by grams. (Ex:  $2.5 \times 27 = 67.5\text{g}$ )
4. Calculate the number of teaspoons of sugar in the container by dividing the number of grams by 4. (There are 4 grams per teaspoon.)  
(Ex:  $67.5 \div 4 = 16.875$ )
5. There are approximately **17 teaspoons of sugar** in this beverage container!