

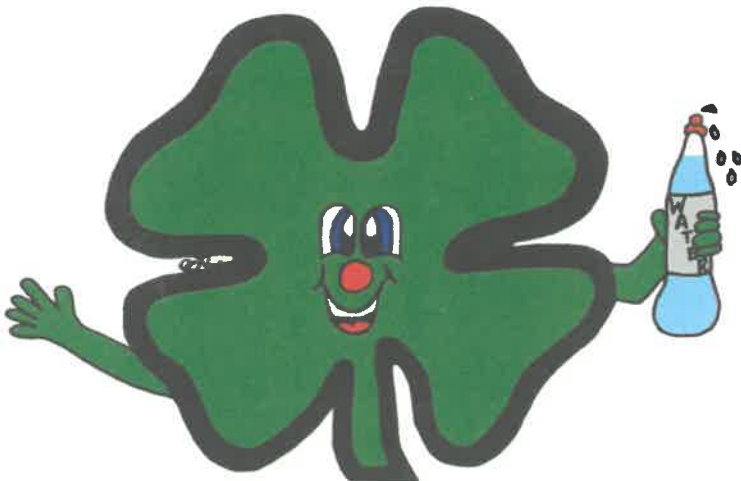
# Think What You Drink Worksheet

1. Fill in all the nutrition information from the label of your drink.
2. Use the following formula to determine the teaspoons of sugar in your drink.

$$\frac{\text{grams of sugar in a serving}}{4} = \text{teaspoons of sugar in a serving}$$

3. Use the following formula to determine the number of teaspoons of sugar in your container.

$$\text{teaspoons of sugar in a serving} \times \text{servings per container} = \text{total teaspoons of sugar in container}$$



## Nutrition Facts

Serving Size \_\_\_\_\_

Servings Per Container \_\_\_\_\_

### Amount Per Serving

Calories \_\_\_\_\_ Calories from Fat \_\_\_\_\_

% Daily Value\*

Total Fat \_\_\_\_\_

Saturated Fat \_\_\_\_\_

Trans Fat \_\_\_\_\_

Cholesterol \_\_\_\_\_

Sodium \_\_\_\_\_

Total Carbohydrate \_\_\_\_\_

Dietary Fiber \_\_\_\_\_

**Sugar \_\_\_\_\_**

Protein \_\_\_\_\_

Vitamin A \_\_\_\_\_

Vitamin C \_\_\_\_\_

Calcium \_\_\_\_\_

Iron \_\_\_\_\_

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs"

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

# Sugar Facts

- 1 teaspoon of sugar = 4 grams = 16 calories
- Based on a 2000 calorie diet, USDA advises a 40-gram or 10 teaspoon limit of added sugars/day
- Empty calories are found in products that provide no nutritional value, just calories
  - Ex: sodas, bubblegum
- Food labels do not distinguish between a food's natural sugars and those added during processing
- 3 cans of soda add up to about 450 cal. Drinking that many every day for a year can result in a 40-50 lb. weight gain
- Beware of products that offer sugar or its derivatives as one of the top three ingredients



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One can of soda = 10 tsp. or the USDA limit of added sugar for one day.

## SUGAR BY ANY OTHER NAME

Most often, when people hear the word "sugar," they think of table sugar. Actually there are several different sugars.

### Natural

Glucose  
Fructose (Levulose)  
Sucrose (Table sugar)  
Lactose (Milk Sugar)  
Dextrin or Malto Dextrin  
Dextrose (Corn or Grape Sugar)  
Galactose  
Maltose (Malt Sugar)  
Molasses  
Honey  
Invert or Cane sugar  
Malt

All sugars  
nourish your  
body in the same  
way.

The ingredient  
lists on food  
labels show all  
kinds of  
sweeteners.  
Some are simply  
other words for  
sugar: for  
example, words  
ending in "-ose."

### Processed

High Fructose Corn Syrup (HFCS)  
Caramel  
Corn Syrup  
Syrup  
Maple Syrup  
Brown sugar  
Confectioners sugar  
Fruit juice concentrate  
Raw sugar  
Corn sweeteners  
Crystallized cane sugar  
Evaporated cane juice  
Turbinado sugar

Natural or  
added  
sugars are  
found in all  
kinds of  
food

Fruits contain  
natural sugars

### Artificial

Saccharin (Sweet-N-Low)  
Aspartame (Nutri-Sweet or Equal)  
Sucralose (Splenda)  
Acesulfame K (brand name Sunette)  
Sorbitol  
Mannitol  
Xylitol

Handout for Chapter 1, Lesson 5: Think Your Drink

**Three Fruit Drinks: Fruit Juice Spritzer, Juice Float, Power Me Up Smoothie**

*Recipes*

<b>RECIPE</b>	<b>INGREDIENTS</b>	<b>DIRECTIONS</b>
<b>Fruit Juice Spritzer</b>	2½ cups orange juice 1 cup pineapple juice 1 liter club soda or seltzer water	Mix juices in a pitcher and add soda. Stir and serve over ice.
<b>Juice Float</b>	100% fruit juice Frozen-fruit yogurt	Offer a selection of three or more 100% fruit juices and low-fat frozen yogurt. Provide 12 ounce cups and an ice cream scoop for the youth. Have each youth concoct their own juice float as a snack. Put a scoop or large spoonful of frozen-fruit yogurt in your cup; pour one or more types of fruit juices on top; mix with spoon.
<b>Power Me Up Smoothie</b>	½ cup fresh or frozen fruit 8 ounces low-fat or fat-free plain yogurt 8 ice cubes	Place all ingredients in a blender. Blend thoroughly. Makes two 8 oz servings or 10 small servings.