



# Think Before You Drink

1. Let's place the following drinks in order from least amount of sugar to greatest amount of sugar per container. What do you think?

20 oz. bottle of sports drink

16 oz. bottle of milk

20 oz. bottle of lemon-lime soda

12 oz. bottle of tomato juice

½ pint carton of skim milk

12 oz. can of cola

½ pint carton of low-fat chocolate milk    Water

Least sugar:    a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

g) \_\_\_\_\_

Most sugar:    h) \_\_\_\_\_



2. Match the following drinks with the amount of sugar they contain. Draw a line from the drink to the amount of sugar. Remember, look at labels carefully to make sure you have located the grams of sugar in each whole container or bottle, not just one serving.

20 oz. bottle of sports drink	10 grams of sugar = 3 teaspoons
16 oz. bottle of milk	11 grams of sugar = 3 teaspoons
20 oz. bottle of lemon-lime soda	22 grams of sugar = 6 teaspoons
12 oz. bottle of tomato juice	28 grams of sugar = 7 teaspoons
½ pint carton of skim milk	35 grams of sugar = 9 teaspoons
12 oz. can of cola	39 grams of sugar = 10 teaspoons
½ pint carton of low-fat chocolate milk	64 grams of sugar = 16 teaspoons
Water	0 grams of sugar = 0 teaspoons

