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?

Sports drink

Lemon-lime soda

Skim milk

Chocolate milk

Whole milk

Tomato juice

Cola

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.

Drinks	Amount of sugar
Sports drink (20 oz. bottle)	**10 grams of sugar = 3 teaspoons**
Whole milk (16 oz. bottle)	**11 grams of sugar = 3 teaspoons**
Lemon-lime soda (20 oz. bottle)	**22 grams of sugar = 6 teaspoons**
Tomato juice (12 oz. bottle)	**28 grams of sugar = 7 teaspoons**
Skim milk (1 carton)	**35 grams of sugar = 9 teaspoons**
Cola (12 oz. can)	**39 grams of sugar =10 teaspoons**
Chocolate milk (1 carton)	**64 grams of sugar =16 teaspoons**
Water	**0 grams of sugar = 0 teaspoons**