

Drink Comparison Chart and Display

This is a tool that can be used to demonstrate and provide a visual display of how much sugar is contained in each drink.

- For Simple Chart: Post on bulletin board.
- For Display: Purchase bottles in sizes below, empty, dry, and fill with appropriate amounts of sugar.
 - ▶ Substitutions may be used by calculating sugar content: 4.2g/teaspoon or 200g/cup.

Common Drink Choices

Drink	Size	Total Calories	Grams of Sugar	Teaspoons of Sugar	Included in Photo Display
Coca-Cola	20 oz	250 cal	65 g	15 tsp	X
Dole 100% Apple Juice	15.2 oz	220 cal	48 g	11 tsp	X
Glaceau Vitamin Water	20 oz	125 cal	32.5 g	8 tsp	X
Monster Energy Drink	16 oz	200 cal	54 g	13 tsp	X
Poland Spring Water	20 oz	0 cal	0 g	0 tsp	X
Arizona Green Tea & Honey	20 oz	210 cal	51 g	12 tsp	<i>Options you can add to your own sugar bottle display!</i>
Gatorade	20 oz	130 cal	34 g	8 tsp	
Mountain Dew	20 oz	275 cal	78 g	18 tsp	
Sprite	20 oz	250 cal	65 g	15 tsp	
Starbucks Bottled Frappuccino	9.5 oz	200 cal	32 g	8 tsp	

One of ours as an example!



LET'S GO!
GULF COAST
www.letsogulfcoast.org