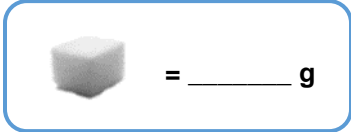




# Calculate the quantity of added sugar!




\_\_\_\_\_ X   
One bottle = 591 mL



\_\_\_\_\_ X   
Can = 341 mL



\_\_\_\_\_ X   
One bottle = 591 mL

## Nutrition Facts

per 591 ml

Amount	% Daily Value
<b>Calories</b> 305	
<b>Fat</b> 0 g	0 %
<b>Sodium</b> 106mg	4%
<b>Carbohydrate</b> 80 g	32 %
Sugars 80 g	
<b>Protein</b> 0 g	

INGREDIENTS: CARBONATED WATER, GLUCOSE-FRUCTOSE, CITRIC ACID, SODIUM BENZOATE, ARABIC GUM, NATURAL FLAVOURS, ESTER GUM, COLOUR, SALT, VEGETABLE OIL

## Nutrition Facts

per 341 ml

Amount	% Daily Value
<b>Calories</b> 110	
<b>Fat</b> 0 g	0 %
<b>Sodium</b> 35mg	1%
<b>Carbohydrate</b> 28 g	10 %
Sugars 28 g	
<b>Protein</b> 0 g	

INGREDIENTS: WATER (FILTERED), GLUCOSE-FRUCTOSE, CITRIC ACID, NATURAL TEA, NATURAL FLAVOUR, CAFFEINE


## Nutrition Facts

per 591 ml


Amount	% Daily Value
<b>Calories</b> 250	
<b>Fat</b> 0 g	0 %
<b>Carbohydrate</b> 68 g	23 %
Sugars 68 g	
<b>Protein</b> 0 g	

INGREDIENTS: CARBONATED WATER, GLUCOSE-FRUCTOSE, SUGAR, CARAMEL COLOUR, PHOSPHIC ACID, CAFFEINE, CITRIC ACID, FLAVOURS




\_\_\_\_\_ X   
Slush = 500 mL



\_\_\_\_\_ X   
Coffee beverage = 500 mL  
(Note serving size)



\_\_\_\_\_ X   
One bottle = 710 mL

## Nutrition Facts

per 500 ml

Amount	% Daily Value
<b>Calories</b> 377	
<b>Fat</b> 0 g	0 %
<b>Carbohydrate</b> 96 g	32 %
Sugars 96 g	
<b>Protein</b> 0 g	

INGREDIENTS: HIGH FRUCTOSE CORN SYRUP, SUCROSE, WATER, CARAMEL COLOUR, PHOSPHORIC ACID, NATURAL FLAVOUR, QUILAIA, ARTIFICIAL COLOURS

## Nutrition Facts

per 250 ml

Amount	% Daily Value
<b>Calories</b> 240	
<b>Fat</b> 11 g	17 %
<b>Carbohydrate</b> 35 g	12 %
Sugars 32 g	
<b>Protein</b> 1 g	
<b>Calcium</b>	6%
<b>Vitamin A</b>	8%
<b>Iron</b>	2%

INGREDIENTS: WATER, GLUCOSE, SUCROSE, COFFEE EXTRACT, ARTIFICIAL COLOURS, ARTIFICIAL FLAVOURS, MILK, CREAM, GLUCOSE, SODIUM CITRATE, DISODIUM PHOSPHATE, CARAGEENAN, CAFFEINE

## Nutrition Facts

per 710 ml

Amount	% Daily Value
<b>Calories</b> 180	
<b>Fat</b> 0 g	0 %
<b>Sodium</b> 300mg	1%
<b>Potassium</b> 80mg	2%
<b>Carbohydrate</b> 55g	15 %
Sugars 40 g	
<b>Protein</b> 0 g	

INGREDIENTS: WATER, LIQUID SUGAR, GLUCOSE-FRUCTOSE, CITRIC ACID, MALTO-DEXTRIN, NATURAL FLAVOURS, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, COLOUR, ESTER GUM



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

# Sip Smart!

Handout: The Scoop on Sugar

## HIDDEN WORDS

**Natural or Added?** Circle all the foods and drinks with only naturally occurring sugars:

- Plain Milk
- Root Beer
- Banana
- Strawberry Soy Beverage
- Chocolate Milk
- Ginger ale
- Strawberry
- Grape Cocktail
- Fruit Punch
- Cola
- Club Soda
- 100% Orange Juice

## HIDDEN SUGAR

l	f	r	u	c	t	o	s	e	m
d	p	e	i	m	e	y	s	k	h
r	m	t	y	o	f	v	r	l	o
u	a	r	h	l	d	n	t	g	n
e	l	f	g	a	j	l	v	f	e
w	t	s	g	s	p	p	s	h	y
c	o	r	n	s	y	r	u	p	g
u	s	s	u	e	k	z	c	e	i
p	e	q	d	s	u	v	r	r	h
y	q	w	l	l	r	i	o	t	f
e	u	i	b	n	u	l	s	m	y
d	e	x	t	r	o	s	e	o	e
m	m	l	b	m	h	k	l	t	t

In the puzzle below, find and circle the different words for sugar!

Hint: 7 words are hidden!

**dextrose**  
**fructose**  
**maltose**  
**molasses**  
**honey**  
**corn syrup**  
**sucrose**

**Drink water –  
it's always  
a great  
choice!**

