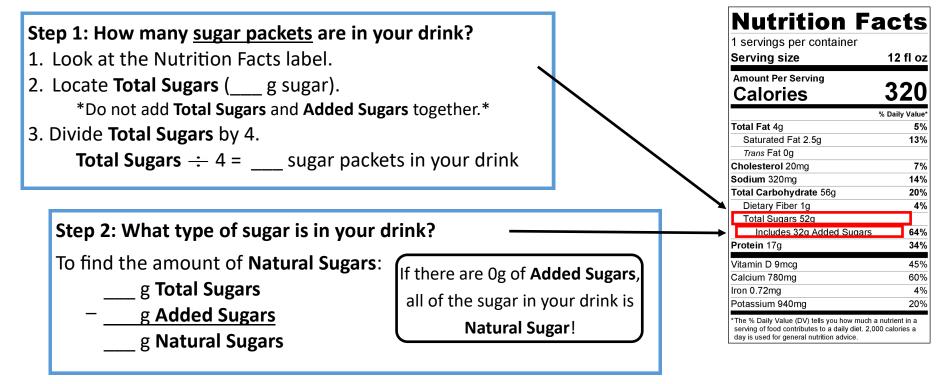


How Many Sugar Packets are in your Drink?

Directions: Complete the worksheet below using the Nutrition Facts Label on your drink.

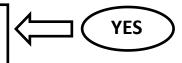


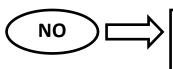
Step 3: How much sugar is too much?

Youth: Does your drink have more than 9 teaspoons (36g) of **Added Sugars**?

Adults: Does your drink have more than 12 teaspoons (48g) of Added Sugars?

This drink has **more** than the recommended amount.





This drink has **less** than the recommended amount.