

How Many Sugar Packets are in your Drink?

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

Step 1: How many sugar packets are in your drink?

1. Look at the Nutrition Facts label.
2. Locate **Total Sugars** (___ g sugar).
*Do not add **Total Sugars** and **Added Sugars** together.*
3. Divide **Total Sugars** by 4.
Total Sugars ÷ 4 = ___ sugar packets in your drink

Nutrition Facts	
1 servings per container	
Serving size	12 fl oz
Amount Per Serving	
Calories	320
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 320mg	14%
Total Carbohydrate 56g	20%
Dietary Fiber 1g	4%
Total Sugars 52g	
Includes 32g Added Sugars	64%
Protein 17g	34%
Vitamin D 9mcg	45%
Calcium 780mg	60%
Iron 0.72mg	4%
Potassium 940mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Step 2: What type of sugar is in your drink?

To find the amount of **Natural Sugars**:

___ g **Total Sugars**
 - ___ g **Added Sugars**
 ___ g **Natural Sugars**

If there are 0g of **Added Sugars**,
 all of the sugar in your drink is
Natural Sugar!

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.

YES

NO

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