



Tool Name: Drink Comparison Chart/Display

Use: To demonstrate (and provide a visual display) how much sugar is contained in each drink

Directions:

For Simple Chart – Post on bulletin board or show patient/family

For Display – Purchase bottles in sizes below, empty, dry and fill with appropriate amounts of sugar.

Substitutions may be use by calculating sugar content 4.2 gms/teaspoon or 200 gms/cup

For Exercise – Ask child to fill an empty bottle with the amount of sugar he/she thinks it contains

Drink	Size	Total Calories	Tsp. Sugar	# Dots Sugar Cubes*
<i>Mountain Dew</i>	20 oz	275 cal	18.45	37
<i>Hawaiian Punch</i>	20 oz	300 cal	17.26	35
<i>Pepsi</i>	20 oz	250 cal	16.07	36
<i>Coke</i>	20 oz	250 cal	16.07	36
<i>Sprite</i>	20 oz	250 cal	15.47	31
<i>Dole 100% Apple Juice</i>	15.2 oz	220 cal	11.42	23
<i>Tropicana Orange Juice</i>	14 oz	190 cal	9.28	18
<i>Fanta Orange</i>	20 oz	275 cal	17.85	36
<i>Dunkin Donuts Strawberry Fruit Collata</i>	16 oz	290 cal	15.47	31
<i>Propel Fitness Water</i>	16.9 oz	20 cal	0.6	1

