

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.

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 used by calculating sugar content: 4.2g/teaspoon or 200g/cup
- **For Exercise:** Ask child to fill an empty bottle with the amount of sugar he/she thinks it contains

DRINK	SIZE	TOTAL CALORIES	SUGAR GRAMS	TEASPOONS SUGAR
Mountain Dew®	20 oz	275 cal	78 g	18
Hawaiian Punch®	20 oz	300 cal	73 g	17
Pepsi®	20 oz	250 cal	68 g	16
Coca-Cola®	20 oz	250 cal	68 g	16
Sprite®	20 oz	250 cal	65 g	15
Dole® 100% Apple Juice	15.2 oz	220 cal	48 g	11
Tropicana® Orange Juice	14 oz	190 cal	39 g	9
Fanta® Orange	20 oz	275 cal	75 g	18
Dunkin' Donuts Strawberry Fruit Coolatta®	16 oz	290 cal	65 g	15
Vault™	20 oz	290 cal	78 g	18

