Make-Your-Own Sugar Bottle Display

Let's Go! has discovered the power of our Sugar Bottle Display; making your own is a great classroom activity. This is one of the best ways to graphically show how much sugar is in some of the most consumed beverages—you'll be surprised. This is a tool that can be used to help students *and* staff to make smart beverage choices.

Directions to Make-Your-Own Sugar Bottle Display

Supplies:

- Bottles of your favorite beverages—refer to the table on the next page for suggestions.
- Bag of White Sugar
- Teaspoons
- Funnels

Directions:

1. Empty, wash and completely dry bottles—keep the labels on the bottles.
   Tip: Bottles take *at least* 24 hours to dry completely.
2. Find the Nutrition Facts box on the bottle label.
3. Take note of serving size (*many bottles contain two or more servings — something to think about!)*
   Tip: Make sure to pay attention to the information listed *Per Bottle*.
4. Record how many grams of sugar are in a bottle.

(Continued on page 2)

5. Figure out how many teaspoons of sugar are in each bottle by dividing the grams of sugar by 4.2 (number of grams of sugar in a teaspoon.)
   - Serving size: 1 bottle
   - Sugars=48g
   - Teaspoons=48 divided by 4.2≈11.
   - Amount of sugar to put in bottle=11 teaspoons.
6. Put funnel into mouth of bottle and put in computed amount of sugar. Replace cap. Screw on tight!
7. Make a chart like the one below corresponding to the drinks you chose.
8. Display in your school so students and staff can see how much sugar is in some of their favorite drinks.
9. Other ideas:
   - Take a photo of your display and use along with chart and hand-outs from "Tab 4 - Provide Water & Low-Fat Milk…" to make a bulletin board.
   - Make a game out of it by having people guess how many teaspoons of sugar are in their favorite drinks and give the winners a 5-2-1-0 approved prize!
   - Have a poster contest around sugar-sweetened beverages.

Common Drink Choices				
Drink	Size	Total Calories	Sugar Grams	Tea-spoons Sugar
Mountain Dew®	20 oz	275 cal	78 g	18
Coca-Cola® Classic	20 oz	250 cal	65 g	15
Dunkin' Donuts Strawberry Fruit Coolata®	16 oz	290 cal	65 g	15
Sprite®	20 oz	250 cal	65 g	15
Monster Energy® Drink	16 oz	200 cal	54 g	13
Arizona® Green Tea & Honey	20 oz	210 cal	51 g	12
Minute Maid® 100% Apple Juice	10 oz	140 cal	32 g	8
Glaceau Vitamin Water®	20 oz	125 cal	32.5 g	8
Gatorade™	20 oz	130 cal	34 g	8
Starbucks Bottled Frappuccino®	9.5 oz	200 cal	32 g	8
Water	Any size	0 cal	0 g	0