



WIN (Wellness IN) the Home

Adding It Up



We are learning about sugar in soft drinks and other sweetened beverages. Sugar and calories can add up very fast and beverages with added sugars provide calories with very few nutrients. Will you try an experiment with me? Over the next week, you and I will write down every time we have a beverage with added sugar such as soft drinks, teas, juice drinks, sports drinks, or flavored waters. Using the label, we can figure the grams of sugar in our drinks (be sure to look at serving size).

Name: _____

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Bever- age	Sugar Grams	Bever- age	Sugar Grams	Bever- age	Sugar Grams	Bever- age	Sugar Grams	Bever- age	Sugar Grams	Bever- age	Sugar Grams	Bever- age	Sugar Grams
Total		Total		Total		Total		Total		Total		Total	

My Partner's Name: _____

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Bever- age	Sugar Grams	Bever- age	Sugar Grams	Bever- age	Sugar Grams	Bever- age	Sugar Grams	Bever- age	Sugar Grams	Bever- age	Sugar Grams	Bever- age	Sugar Grams
Total		Total		Total		Total		Total		Total		Total	

Total Grams Person One = _____ Total Grams Person Two = _____

Using these figures, determine and measure total sugar from these beverages.

4 grams = 1 teaspoon

25 grams = 1/8 cup

100 grams sugar = 1/2 cup sugar

12 grams = 1 tablespoon

50 grams = 1/4 cup

200 grams sugar = 1 cup sugar

How many cups would we eat in a year? (Multiply by 52 weeks.)

Person One _____ Person Two _____

A pound of sugar is 2 1/4 cups. How many pounds would we eat in a year? (Divide total cups by 2.25.)

Person One _____ Person Two _____

Now What?

Do we want to improve our health by changing our beverage choices? If yes, here are some ideas. Check the items we want to try.

Drink water to really quench your thirst, especially during times of activity.



Set a goal for reducing sweetened beverages. The reward is better health!



Buy smaller containers, for example 12-ounce instead of 20-ounce bottles. Some places even have 8-ounce cans.

Look at the label to see how many servings are in the container. Drink just one serving at a time.

Switch to healthful beverages - water, 1% or skim milk, 100% fruit juices.

Use soft drinks as a treat to be enjoyed occasionally, not daily.

Eliminate soft drinks as a beverage choice in our home.

Other _____

Other _____



Can we recruit other family members to try these ideas?

Note for parents:

This lesson is designed to help teach kids about making healthful choices and establishing these habits early. There may be a temptation to switch to “diet” beverages that contain artificial sweeteners in an effort to reduce sugar. These beverages do contain less sugar yet create or maintain a desire for sweetened beverages and foods. Consumption of artificially sweetened drinks may make a person feel full or satisfied so they will not drink enough milk or water.

Help teach your kids to make healthful beverage choices.