

Sugar in Drinks Activity - Answer Sheet

Drink	Volume	Sugar - grams	Sugar - teaspoons
Soft Drink	600 ml	63.6 g	16
Chocolate Milk	600 ml	58.8 g	14.5
Energy Drink (small size)	250 ml	27.5 g	7
Sports Drink	600 mL	36 g	9
Frozen Soft Drink	314 mL	42.6 g	10.5
Fruit Juice (25% juice)	600 mL	58.8 g	14.5
Homemade Super Fruity Smoothie	265 mL	21.8 g	5.5
Iced Tea	500 mL	22.6 g	5.5
Mango Magic Smoothie	610 mL	78.5 g	19.5
Energy Drink (large size)	500 mL	55 g	13.5

Remember, 1 teaspoon = 4 grams

4g	8g	12g	16g	20g	24g	28g
=	=	=	=	=	=	=
1 tspn	2 tspn	3 tspn	4 tspn	5 tspn	6 tspn	7 tspn

Proudly supported by: