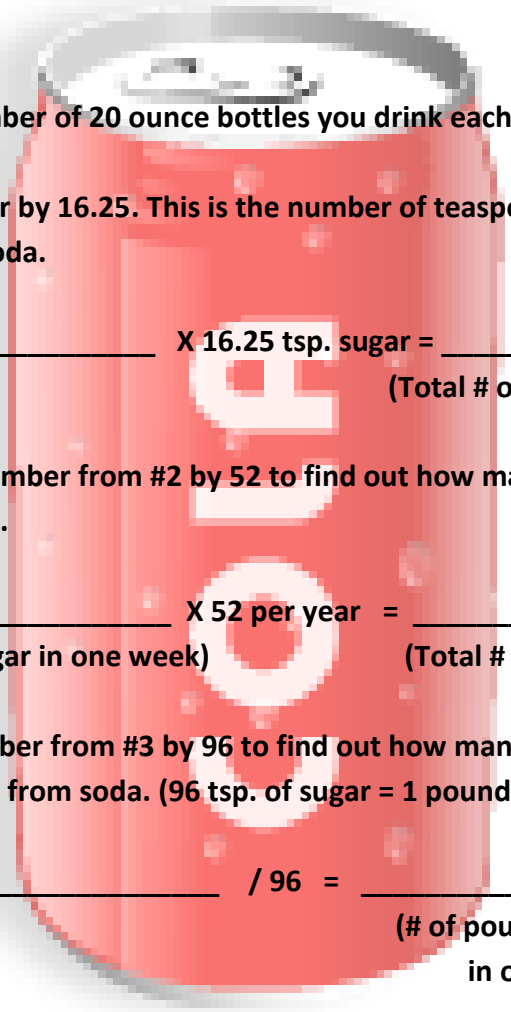
Think Your Drink!

What if you drank a 20 ounce bottle of soda each day for one year?

How many pounds of added sugar would you consume?

Let's determine the actual number!



1. Write down the number of 20 ounce bottles you drink each week. _____

2. Multiple your answer by 16.25. This is the number of teaspoons (tsp.) of sugar in one, 20 ounce bottle of soda.

   _____ X 16.25 tsp. sugar = _____
   (Total # of tsp. of sugar in one week)

3. Multiply the total number from #2 by 52 to find out how many tsp. of sugar you consume in one year.

   _____ X 52 per year = _____
   (Total # of tsp. of sugar in one week) (Total # of tsp. of sugar in one year)

4. Divide the total number from #3 by 96 to find out how many pounds of sugar you consume in one year from soda. (96 tsp. of sugar = 1 pound.)

   _____ / 96 = _____
   (# of pounds of sugar consumed in one year from soda)

Note: This is only sugar consumed from drinking soda!
Remember, you also eat other foods that contain sugar.
Overall, it can add up to be A LOT OF SUGAR!

Maricopa County Public Health
Office of Nutrition & Physical Activity