

### Sugar Saturation Search

**In the first column, list your favorite beverages among your team members. Use the iPads and other available mobile device to look up the nutrition facts regarding these products. If including soda, please use either 20 oz bottles or 12 oz cans (be consistent among choices)**  
 Complete the following chart and answer the questions below:

Favorite Beverages <small>(school-appropriate, please and thank you ☺)</small>	Serving Size	Sugar in 1 serving (grams)	Servings Per Container	Sugar per Container (grams)

Rank the beverages from highest to lowest in terms of grams of sugar **per serving** content:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Rank the beverages from highest to lowest in terms of grams of sugar **per container** content:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**4 grams of sugar = 1 teaspoon**

Calculate the number of teaspoons of sugar contained in one serving of each of your beverages:

Beverage 1: \_\_\_\_\_ = \_\_\_\_\_ tsp sugar per serving

Beverage 2: \_\_\_\_\_ = \_\_\_\_\_ tsp sugar per serving

Beverage 3: \_\_\_\_\_ = \_\_\_\_\_ tsp sugar per serving

Beverage 4: \_\_\_\_\_ = \_\_\_\_\_ tsp sugar per serving

Beverage 5: \_\_\_\_\_ = \_\_\_\_\_ tsp sugar per serving

From your findings, would you recommend changing the beverages in your diet? **Explain.**