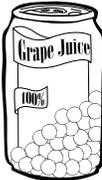


Think Before You Drink: Hidden Sugar in Common Beverages

Try to guess the amount of sugar (in teaspoons) that is found in each drink.

Write your answers on the “My Guess” line.

Drink (12 ounces)	Teaspoons of Sugar	
	My Guess	True Amount
Powdered drink with sugar 	_____	_____
Diet soda 	_____	_____
Grape juice 	_____	_____
Regular soda 	_____	_____
Mango nectar 	_____	_____
Energy Drink (8 ounces) 	_____	_____