Most people eat more than 100 pounds of sugar each year. Most of that sugar is in snack foods and soft drinks. Each 12 oz. can of soft drink contains 9-10 teaspoons of sugar. Sugary foods don’t offer much nutrition except calories. They are partly to blame for the increased number of kids who are overweight and for tooth decay. Information about how much sugar is in a serving of a food is found on the label. The amount will be given in a measurement called grams. One-fourth (1/4) teaspoon of sugar = 1 gram.

12 oz. can of soda = 9-10 teaspoons of sugar
WORDS ON THE LABEL THAT MEAN SUGAR

- corn syrup
- fructose
- maltose
- glucose
- manitol
- molasses
- lactose
- honey
- sucrose
- malt syrup
- dextrose
- sorghum
- high-fructose corn syrup

LABELS

Study the labels below. Answer the questions at the bottom of the page.

1. Which products have added sugar? ________________________________

2. Which product do you think is best for you? ________________________

   Why? ____________________________________________________________________

3. What is the difference between a drink and a juice?_____________________

SILLY SLURP
ORANGE DRINK

Contents: Water, sugar, orange flavoring, and color

THIRST ADE
POWDERED DRINK MIX

Contents: Sucrose, glucose, salt, orange flavor, coloring

Friendly's
Orange Juice

Contents: 100% real orange juice
DON’T BE FOOLLED BY FRUIT DRINKS

Just because it looks like a fruit juice does not mean it is. The label shows what is in the drink.

- fruit juice is 100 percent real juice
- juice drink is 30 percent or more real fruit juice
- fruit flavored drink is 10 percent or less real fruit juice
- imitation drink or ade has no fruit juice
- artificially flavored fruit soda has no fruit juice

GO TO THE GROCERY STORE AND LOOK AT DRINK LABELS

✓ Check out the labels on a variety of fruit juices and drinks.

✓ Compare the labels. What is different? What is the same?

LOOK AT

- frozen orange concentrate
- orange soda
- orange box drink
- orange beverage crystals
- orange sports drink

1. Which drink label has sugar as the main ingredient? ______________________________________

2. Which drink label has the most real juice in it? _______________________________________

3. Which drink label has the most ingredients? _________________________________________
   What are they? _____________________________________________________________________

4. Which drink is the best for you nutritionally? ________________________________________
MAKE YOUR OWN FRUIT DRINK

1. Start with a big glass
2. Fill the glass 1/3 full with ice
3. Add 3/4 cup orange, apple, grape or cranberry juice
4. Add 1/4 cup ginger ale

IF YOU COULD SELL THIS DRINK, HOW WOULD YOU WRITE THE INGREDIENT LABEL?

Ingredients _________________________________________________________
__________________________________
__________________________________
_________________________________

THE UNIVERSITY of TENNESSEE


SP468 5M 1/06(Rep) R12-5310-088-002-06 06-0158

Copyright 2004 The University of Tennessee. All rights reserved. This document may be reproduced and distributed for nonprofit educational purposes providing that credit is given to University of Tennessee Extension.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.