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Store List:

- Granulated white sugar
- Water bottle (aqua pod, small lunch-sized water bottles)
- **Crystal Light** and/or generic
 - 2 quart powder packs
 - “To-go” powder sticks
- Flavored Water
 - **Propel, Fruit₂O, Clearly Sparkling, Seltzer Waters**
 - **Aquafina Flavor Splash, Dasani Flavored Water**
 - Many Store brand equivalents
- Drink Pouches
 - **Minute Maid Just 10**
 - **Minute Maid Fruit Falls**
 - **Kool-aid Jammers¹⁰**
- **Sugar-free Kool-aid**
 - Pre-mixed sugar-free or made with **Splenda**

Guide: High Sugar Beverages for sugar demonstration

- Sugar measured out to match content of example beverages.
- Place sugar in reseal-able plastic bags for viewing. Label with each bag with a code (A, B, C). Keep a record of what beverage matches what sugar bag.
 - On the Nutrition Facts Label, under Total Carbohydrate, check the grams of sugar contained in one serving.
 - Multiply that by the number of servings in the bottle.
 - = Total grams of sugar
 - For each 4 grams of sugar, you will measure out 1 teaspoon of sugar
 - $\text{Total grams of sugar} / 4 \text{ grams} = \text{teaspoons}$
- **100% juice**
 - 15.2 ounce Minute Maid OJ = 12 teaspoons sugar (= ¼ cup)
- **Cola/Mountain Dew**
 - 20 oz Coca-Cola = 16 teaspoons sugar
- **Gatorade**
 - 20 oz = 9 teaspoons sugar
- **Sweet tea**
 - 20 oz Nestea Lemon Flavored Tea = 14 teaspoons sugar
- **Kool-aid/fruit punch/Juice packs**
 - Capri Sun 100% juice pouch = 6 teaspoons sugar
- **Energy drink (Full Throttle, Red Bull)**
 - 20 oz Sobe Lizard Lava = 19 teaspoons sugar