



### OVERSWEETENED: THE TRUTH ABOUT SUGARY DRINKS



Ask your child how many teaspoons of sugar are in the average 20 ounce bottle of pop?

(Answer: About 20 teaspoons of sugar are in one 20 ounce bottle of regular pop!)

### AT HOME ACTIVITY



#### Sugar in a bottle

Here's a great visual experiment to help your family understand how much sugar is in the products you drink. You will need the following items:

- 3 or more beverages with Nutrition Fact labels
- table sugar
- measuring teaspoon
- plate or dish

Take three beverage items from your refrigerator or pantry. Guess how many teaspoons of sugar are in each beverage. (1 teaspoon = 4 grams of sugar)

Review the nutrition facts label on each beverage. Spoon out the amount of sugar for each beverage on a plate or dish. Remember to look at the serving size. There may be more than one serving of sugar in each container.

Compare your guess to the actual measured amount. Which product has the most or least amount of sugar? Were you surprised at the amount of sugar in each beverage? Are these beverages healthful for you and your family? Don't forget! Water has zero calories and zero grams of sugar!

Pediatricians and dietitians agree that the chemicals used as artificial sweeteners in diet pop are not a healthful choice for kids.

### FRUITY ALTERNATIVES

When you have a craving for something sweet, fruit is a great alternative to sugary drinks and candy. Here are some tips on how to eat more fruit:

- Keep a bowl of whole fruit on the table, counter or in the refrigerator
- Buy fresh fruits when they are in season
- Buy pre-cut packages of cut-up fruit for easy snacks
- Put fruit on cereal or in yogurt
- Have fruit for dessert
- Try dried fruit

