

Drink Comparison Chart and Display

This is a tool that can be used to demonstrate and provide a visual display of how much sugar is contained in each drink.

DIRECTIONS:

- **For Simple Chart:** Post on bulletin board.
- **For Display:** Purchase bottles in sizes below, empty, dry, and fill with appropriate amounts of sugar
 - Substitutions may be used by calculating sugar content: 4.2g/teaspoon or 200g/cup

Common Drink Choices					
Drink	Size	Total Calories	Sugar Grams	Teaspoons Sugar	Included in Display
Coca-Cola® Classic	20 oz	250 cal	65 g	15	X
Dole® 100% Apple Juice	15.2 oz	220 cal	48 g	11	X
Glaceau Vitamin Water®	20 oz	125 cal	32.5 g	8	X
Monster Energy® Drink	16 oz	200 cal	54 g	13	X
Poland Spring® Water	20 oz	0 cal	0 g	0	X
Arizona® Green Tea & Honey	20 oz	210 cal	51 g	12	Options You Can Add to Your Own Sugar Bottle Display!
Dunkin' Donuts Strawberry Fruit Coolata®	16 oz	290 cal	65 g	15	
Gatorade™	20 oz	130 cal	34 g	8	
Mountain Dew®	20 oz	275 cal	78 g	18	
Sprite®	20 oz	250 cal	65 g	15	
Starbucks Bottled Frappuccino®	9.5 oz	200 cal	32 g	8	



Drink Comparison Display Photo

This sugar bottle display is a favorite part of the 5-2-1-0 toolkit. It is a powerful visual tool that helps employees see the amount of sugar in their family's favorite drinks.

