Check Your Soft Drink Portions

How much sugar is in your soft drink?
(The following amounts are based on regular Mountain Dew®)

- 12-ounce can has 12 teaspoons of sugar (192 calories)
- 20-ounce bottle has 19 teaspoons of sugar (304 calories)
- 32-ounce bottle has 31 teaspoons of sugar (496 calories)
- 64-ounce container has 62 teaspoons of sugar (992 calories)

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Did you know?
Diet pop is artificially sweetened and does not contain sugar.
Neither diet nor regular pop provide any nutritional value.

How many minutes will it take to burn the calories in your soft drink?
(Based on 190-pound male drinking Mountain Dew®)

<table>
<thead>
<tr>
<th>Activity</th>
<th>12 ounces</th>
<th>20 ounces</th>
<th>32 ounces</th>
<th>64 ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milking by machine</td>
<td>85 minutes</td>
<td>138 minutes</td>
<td>220 minutes</td>
<td>440 minutes</td>
</tr>
<tr>
<td>Driving a tractor</td>
<td>53</td>
<td>86</td>
<td>138</td>
<td>275</td>
</tr>
<tr>
<td>Driving a combine</td>
<td>50</td>
<td>81</td>
<td>129</td>
<td>258</td>
</tr>
<tr>
<td>Feeding animals</td>
<td>29</td>
<td>47</td>
<td>76</td>
<td>152</td>
</tr>
<tr>
<td>Shoveling grain</td>
<td>22</td>
<td>36</td>
<td>58</td>
<td>116</td>
</tr>
<tr>
<td>Barn cleaning with a shovel</td>
<td>15</td>
<td>24</td>
<td>38</td>
<td>76</td>
</tr>
</tbody>
</table>


Compare:

1950's Fast Food Meal
- Hamburger (1.6 ounces)
- French Fries (2.4 ounces)
- Soft Drink (7 ounces)

TOTAL: 598 calories
- 23 grams fat
- 716 mg sodium

Today's Fast Food Meal
- Hamburger (up to 8 ounces)
- French Fries (7 ounces)
- Soft Drink (32 ounces)

TOTAL: 1580 calories
- 68 grams fat
- 1405 mg sodium

Want more information? Visit:
ISU Extension Nutrition
www.extension.iastate.edu/healthnutrition

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