

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)

Every ounce
of regular pop
has about
1 teaspoon of sugar.

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®)

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

Reference: Appendix 8 Energy Expenditure in Household, Occupational, Recreational, and Sports Activities in *Sports & Exercise Nutrition* by McArdle, Katch and Katch (1999)

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

Prepared by Sharon Johnson and Paulelda Gilbert, nutrition and health field specialists; Ruth Litchfield, Ph.D., R.D., extension nutritionist.

...and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.