

Soft Drink Portions Make a Difference

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 150-pound person drinking Mountain Dew®)

	12 ounces	20 ounces	32 ounces	64 ounces
Driving a car	96 minutes	152 minutes	248 minutes	496 minutes
Typing at a computer	107	169	276	551
Walking/Golfing	31	50	81	163
Housecleaning	44	69	113	225
Mowing the lawn	25	40	65	131
Watching TV	137	217	354	709

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

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