






“Would you like to SUPERSIZE that?”

Before you decide, consider how much sugar is in each soft drink container.

Size		Total Servings	x	Sugar /serving (grams)	=	Total sugar (grams)	(÷ 4 =)	Total sugar (teaspoons)*
8 ounces		_____	x	_____	=	_____	(÷ 4 =)	_____
12 ounces		_____	x	_____	=	_____	(÷ 4 =)	_____
20 ounces		_____	x	_____	=	_____	(÷ 4 =)	_____
32 ounces (1 liter)		_____	x	_____	=	_____	(÷ 4 =)	_____
64 ounces (2 liters)		_____	x	_____	=	_____	(÷ 4 =)	_____

* 4 grams of sugar = 1 teaspoon of sugar = 16 calories

**For additional resources,
visit these Web sites:**

ISU Extension Nutrition
www.extension.iastate.edu/healthnutrition

ISU Extension Store
<http://store.extension.iastate.edu>

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...and justice for all

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