

NAME: \_\_\_\_\_

Date: \_\_\_\_\_

## **SUGAR SHOCKER !**

### **PURPOSE**

To become more aware of how much sugar (high glycemic carb) is being consumed in common drinks and to realize the health risks involved in over-consuming these simple high-glycemic carbohydrate sugars.

### **MATERIALS**

Sugar	- Beverage Containers	
Electronic Balance	- Nutrition Food Facts Labels	
Researched Information	- Poster	- Cups
Calculator	- Teaspoon	

### **BACKGROUND INFORMATION**

When carbohydrates are taken into the body they are digested, absorbed and metabolized into blood sugar. Some refined carbohydrates convert very quickly to blood glucose and they are classified as being "High Glycemic Carbs", others are slowly transformed into blood sugar; these are deemed "Low Glycemic Carbs". Many beverages are sweetened with High Fructose Corn Syrup, Sucrose or Glucose, all of which have very high glycemic index. A few beverages contain more natural types of sugars such as Lactose or Fructose, these beverages like milk and fruit juices are healthier choices. Having said that, if you over-consume these healthier choices you will still end up spiking blood sugars and running the risks that go along with the over consumption of simple carbohydrates (see "76 Ways Sugar Can Ruin Your Health").

### **PROCEDURE**

Go to each station and study the given beverage container's "Food Facts Label". Identify the following and record this information into your table :

- Suggested serving Size Volume
- Total Volume of Container
- Total mass of simple carbohydrates/serving

Then using a calculator determine the mass of sugar (simple carbs) that the entire container would contain.

Then using the scale, a cup, and a spoon; measure out this total amount of sugar into the clear cup to get a good visual of how much sugar people are consuming.

**SUGAR TRACKER**      1 Teaspoon (5 ml) of sugar = 4.1 grams

### **SIMPLE TRICK**

For estimating the amount of sugar in a drink/food → When checking how much sugar is in a portion of a drink take the total grams of sugars and roughly divide by 4. This will give you the approximate number of teaspoons of sugar you are drinking. This will give you a better idea of quantity

\*\*\*\* DON'T FORGET TO MULTIPLY THIS BY THE NUMBER OF SERVINGS YOU ARE DRINKING !!!!

**SUGAR CONTENT IN BEVERAGES**

Beverage	Volume per Serving	Sugar per Serving	TOTAL Volume (ml) In a realistic/full serving	TOTAL Sugar (g)	TOTAL Teaspoons
Double Gulp Cola	*Use Can	*Use Can			
7-11 Giant Slurpee	<b>X</b>	<b>X</b>			
Large Slurpee	<b>X</b>	<b>X</b>			
Sobe Lizard Fuel					
Crush Cream Soda					
Arizona Iced Tea					
Caramilk Milkshake	<b>X</b>	<b>X</b>			
Gatorade "Fierce"	<b>X</b>	<b>X</b>			
100% Orange Juice	<b>X</b>	<b>X</b>			
Milk	250 ml		Go with <b>500 ml</b>		
Chocolate Milk	250 ml		Go with <b>500 ml</b>		
COKE ZERO					
Water	<b>X</b>	<b>X</b>	500 ml		

\*\*\* Orange Juice Sugar is Natural Fructose : This "Fruit Sugar" is a healthier sugar than Table Sugar (Sucrose) as it usually has a lower GI and fruit juice is loaded with Phytochemicals/Minerals/Vitamins.

\*\*\*\*\*STARBUCKS : Go to: <https://www.starbucks.ca/menu/nutrition-info>

TYPE OF DRINK

Size of DRINK

Grams of Sugar

Teaspoons

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