



Re-Think your Drink tri-fold Display

Materials: Tri-fold board, Construction Paper, Empty drink bottles (Drinks that contain a variety sugar amounts), Sugar, baggies to hold sugar (I used a food saver to make the bags), Laminated paper to cover the board.

Fun Facts:

Top left: (Trivia question)

- **How much added sweeteners including sugar do you think the average American consumes in a year?**
 - **Answer: Almost a 100 pounds a year... Which is almost a quarter pound of sugar and other calorie-rich sweeteners a day!**

Middle: (fun facts)

- **Extra calories from all sugar and other calorie-rich sweeteners can lead to weight gain, obesity, and can contribute to serious health problems such as heart disease, type 2 diabetes, and certain cancers.**

- Here's something else that might surprise you: Adding just one 20-ounce cola a day to your normal diet for a year, could result in gaining 25 extra pounds! All because of the empty calories from added sugar.
- An increase in high sugar intake often leads to a decrease in milk intake, which can make bones weak. Calcium is what makes your teeth and bones strong.
- Soda, sports drinks and fruit drinks contain mostly sugar. Sugar fills you up but leaves no room for healthy food with vitamins and nutrients that make your body grow.

Bottom left: (trivia question)

- How long do you think you would have to walk briskly to burn off the 240 excess calories from one 20-ounce cola?
 - Answer: To burn off the calories from a 20-ounce cola, you would have to walk at moderate speed for about an hour!
 - Remember: One Small Change Will Make a Big Difference. Do you drink one 20-ounce cola a day? By just cutting out that daily cola and not changing your daily diet and exercise habits, you could lose up to 25 pounds in a year

Answer Key:

Water	0 g	0 tsp
Capri Sun	16 g	4 tsp
Lemonade	50 g	12.5 tsp
Sweet Tea	42 g	10.5 tsp
Gatorade	34 g	8.5 tsp
Chocolate Milk	54 g	13.5 tsp
Simply Orange Juice	33 g	8.25 tsp
Arizona	54 g	13.5 tsp
Coca-Cola (16.9 fl oz)	55 g	13.75 tsp
Rock Star	62 g	15.5 tsp
Mountain Dew Code Red	77 g	27.25 tsp