

# Think What You Drink

**Find out how many 4 pound bags of sugar you consume in a year just by drinking one can of soda a day for a year!**

1. Write the number of 12-ounce cans of soda you drink in one week. \_\_\_\_\_
2. Multiply that number by 12, which is the average number of teaspoons of sugar in just one can of orange soda.

$$\frac{\text{Number of sodas in one week}}{\text{Number of sodas in one week}} \times 12 \text{ tsp sugar} = \frac{\text{Total number of teaspoons of sugar in one week}}{\text{Total number of teaspoons of sugar in one week}}$$

3. Multiply your TOTAL number by 52 to find out how many teaspoons of sugar you consume in one year.

$$\frac{\text{Total number of teaspoons of sugar in one week}}{\text{Total number of teaspoons of sugar in one week}} \times 52 = \frac{\text{Number of teaspoons of sugar in one year}}{\text{Number of teaspoons of sugar in one year}}$$

4. Divide that number by 108 to find out how many pounds of sugar you eat in one year from soda. (108 teaspoons of sugar = 1 pound)

$$\frac{\text{Number of teaspoons of sugar in one year from soda}}{\text{Number of teaspoons of sugar in one year from soda}} \div 108 = \frac{\text{Pounds of sugar consumed in one year from soda}}{\text{Pounds of sugar consumed in one year from soda}}$$

5. Divide by 4 to find how many 4 pound bags of sugar you consume in a year.

$$\frac{\text{Pounds of sugar consumed in one year from soda}}{\text{Pounds of sugar consumed in one year from soda}} \div 4 = \frac{\text{Number of 4 pound bags of sugar consumed in one year}}{\text{Number of 4 pound bags of sugar consumed in one year}}$$

**Remember, you also eat many other foods which contain sugar. Each American eats about 125 pounds of sugar each year! That is a lot of sugar!!!!**

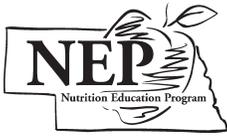
**Know how. Know now.**

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



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# Think What You Drink (Answers)

Find out how many 4 pound bags of sugar you consume in a year just by drinking one can of soda a day for a year!

1. Write the number of 12-ounce cans of soda you drink in one week. 7
2. Multiply that number by 12, which is the average number of teaspoons of sugar in just one can of orange soda.

$$\frac{7}{\text{Number of sodas in one week}} \times 12 \text{ tsp sugar} = \frac{84}{\text{Total number of teaspoons of sugar in one week}}$$

3. Multiply your TOTAL number by 52 to find out how many teaspoons of sugar you consume in one year.

$$\frac{84}{\text{Total number of teaspoons of sugar in one week}} \times 52 = \frac{4,368}{\text{Number of teaspoons of sugar in one year}}$$

4. Divide that number by 108 to find out how many pounds of sugar you eat in one year from soda. (108 teaspoons of sugar = 1 pound)

$$\frac{4,368}{\text{Number of teaspoons of sugar in one year from soda}} \div 108 = \frac{40.4}{\text{Pounds of sugar consumed in one year from soda}}$$

5. Divide by 4 to find how many 4 pound bags of sugar you consume in a year.

$$\frac{40.4}{\text{Pounds of sugar consumed in one year from soda}} \div 4 = \frac{10.1}{\text{Number of 4 pound bags of sugar consumed in one year}}$$

**Remember, you also eat many other foods which contain sugar. Each American eats about 125 pounds of sugar each year! That is a lot of sugar!!!!**

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