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.

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

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

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

4. Divide that number by 108 to find out how many pounds of sugar you eat in one year from soda.

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

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

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

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!!!!
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.

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

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!!!!

Know how. Know now.