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.

   _____ × 12 tsp sugar = _____
        Number of sodas   Total number of teaspoons
        in one week   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.

   _____ × 52 = _____
     Total number of teaspoons   Number of teaspoons of
       of sugar in one week   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)

   _____ ÷ 108 = _____
    Number of teaspoons of sugar   Pounds of sugar consumed
     in one year from soda   in one year from soda

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

   _____ ÷ 4 = _____
    Pounds of sugar consumed   Number of 4 pound bags of
     in one year from soda   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!!!!
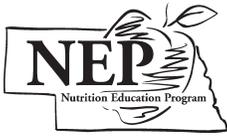
Know how. Know now.

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.

   ____7____ × 12 tsp sugar = ____84____
   Number of sodas   Total number of teaspoons
   in one week   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.

   ____84____ × 52 = ____4,368____
   Total number of teaspoons   Number of teaspoons of
   of sugar in one week   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)

   ____4,368____ ÷ 108 = ____40.4____
   Number of teaspoons of sugar   Pounds of sugar consumed
   in one year from soda   in one year from soda

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

   ____40.4____ ÷ 4 = ____10.1____
   Pounds of sugar consumed   Number of 4 pound bags of
   in one year from soda   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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