

Basics of Oral Health 3

Guess the Sugar

Instructions: Prior to the family night, create a display board that shows the sugar contents of different drinks that are common among the families in your program—set it up to show after your demonstration.

Use granulated sugar in plastic baggies or sugar cubes that are glued next to the beverage label or container. Drink examples are included on page 142: 4 grams of sugar equals one teaspoon—divide 4 into the number of grams to get the number of teaspoons. Remember, many drinks have two servings in one container, so multiply the sugar in one serving times the number of servings in the entire container.

Parent volunteers compare the content of different drinks and talk about which would be the healthier option. End with water and talk about why it is the healthiest option.

Opening

Here are a few questions to get us started:

How much of our body weight is made up of water?

Answer: Water makes up half of our body weight.

What is one thing that water does for our body?

Answers: Helps digest food, moves nutrients through our blood, keeps our skin hydrated.

How much water does an elephant drink in a day?

Answer: About 2 gallons.

How much water should each of us try to drink in a day?

Answer: 8-10 glasses (8 ounces each; about 64 ounces).

Most drinks have a nutrition label on them. This label provides a lot of information about what is in the drink. We're going to focus on the sugar part of the label and how much sugar is in a serving of your favorite drink. When you look at the label, it will tell you how many grams of sugar are in each serving.

Grams? How do we know how much a gram is? We all know how much a teaspoon is, so let's figure out how to turn grams into teaspoons. Four grams of sugar equals one teaspoon. The label also tells you how many servings are in the bottle. Sometimes, there is more than one serving. So you might have to double or triple the amount of sugar to know how much sugar is in the whole bottle!

Supplies

- Sample drink containers.
- Sugar—granulated or cubes.
- Teaspoons.
- Containers.
- Chocolate milk nutritional label page 143.
- Pitcher of water.
- Display board.
- Nutritional Labels handouts.
- "Water is Best" handout.

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Guess the Sugar *continued*

Demonstration

I am going to show you a drink—and I want you to guess the amount of sugar in each drink.

Ask for a parent volunteer to pile up the sugar cubes or scoop sugar into a container for each example. Hold up the tray or container each time so all of the parents can see.

Sample script: Here is a large soda pop. How much sugar do you think is in this pop container?
(responses)

The label says there are [] grams of sugar. Let's use the conversion to figure out how many teaspoons that is.

Divide 4 into []. That means there are [] teaspoons of sugar in this drink.

But, we should look at the servings, too. How many servings do you think are in this container? It's two servings! It has [] grams of sugar in each serving, so we need to double that. [] for one serving plus [] for the other serving makes [] all together. That means there is two times as much sugar than you might think!

How many of us only drink one serving and save the rest for later? Would you ever think to spoon that much sugar into a glass and drink it? Would you want your child to drink that much sugar? Probably not!

(Repeat process with two or three other drinks or show the sugar board. Use water as the last example.)

This is a glass of water. How much sugar do you think is in this glass of water? That's right, there is none. Water has no sugar, which means it has no calories. And, we learned earlier that water is important for our bodies. Tap water is healthy to drink and may contain fluoride, a natural mineral that helps prevent cavities.

Discussion

Let's talk about some ways that we could all drink more water and less sugar sweetened drinks during the day. Examples to mention if the group does not:

- Tap water is free!
- Tap water has no added sugar—it is calorie free!
- Water is good for our bodies.
- If children start drinking water, they will like it and ask for it. Once you introduce drinks that taste sweet because of added sugar, they'll probably want them.
- Save soda pop and juice for special days, like a party.
- Serve fresh fruit instead of juice—it has more vitamins and nutrients.
- Fill water in sippy cups and bottles for children to drink in-between meals.
- Make water fun! Serve water with straws or in refillable bottles.
- Add slices of cucumber, mint, or fruit like strawberries to add some flavor to water.
- Pass out the Water Drinking Chart.

Drinks and Juices (non carbonated)

8 oz. serving unless otherwise noted

Name	Teaspoons of Sugar	Calories
Apple Juice, Tree Top	6 ½	120
Arizona Iced Tea	6	90
Capri Sun, Berry, 6.75 oz. serving	5	90
Capri Sun, Fruit Punch, 6.75 oz. serving	4	60
Capri Sun, Wild Cherry, 6.75 oz. serving	4	60
Country Time Lemonade	5	80
Gatorade	3	63
Grape Juice	9	152
Hawaiian Punch	7	120
Juicy Juice, Grape	7	140
Juicy Juice Punch	6 1/2	120
Kool Aid Burst, 6.75 oz. serving	2 1/4	35
Kool Aid, Grape	4	60
Orange Juice	5	122
SoBe Strawberry Banana	6 1/4	100
SoBe Power Fruit Punch	6 1/4	100
SunnyD	3 1/3	55
Tang	5 1/2	90



Milk and Milk Drinks

8 oz. servings unless otherwise noted

Name	Teaspoons of Sugar	Calories
McDonalds chocolate shake, 12 oz.	19 1/4	560
McDonalds vanilla shake, 12 oz.	15 3/4	530
Nesquick chocolate milk	6	150
Starbucks Frappuccino, 9.5 oz.	8	200
Starbucks Vanilla Latte 9.5 oz.	4 1/4	120

Energy Drinks

8 oz. servings

Name	Teaspoons of Sugar	Calories
Monster Energy	6 3/4	110
Red Bull	6 3/4	110
Rock Star Energy	7 3/4	140

Soda Pop (carbonated)

12 oz. servings

Name	Teaspoons of Sugar	Calories
Coca Cola, Classic	9 3/4	140
Coca Cola, Mexican	9 3/4	150
Cream Soda	11 1/2	180
Crush, Orange	12 1/2	180
Dr. Pepper	10	150
Fanta	10 1/2	160
Mountain Dew	11 1/2	170
Pepsi	10 1/4	150
Root Beer, A & W	11 1/4	170
Root Beer, Barq's	11 1/4	160
Root Beer, Mug	10 3/4	160
7-up	9 3/4	140
Sierra Mist	9 3/4	140
Sprite	9 1/2	140
Sprite, Mexican	10	160
Squirt	9 1/4	140



Chocolate Milk

Nutrition Facts

Serving Size 8 oz.

Servings Per Container 2

Amount Per Serving

Calories 180

Total Fat

Saturated

Unsaturated

Cholesterol

Sodium

Total Carbohydrate

Fiber 1 g

Sugar 28 g

