

## Sugar in Soda Bottles and Juice

Amounts of sugar may vary between soda brands, types, and even regions of the country. These numbers are calculated from an Idaho product.

To make sugar soda bottles, buy a plastic six-pack of soda bottles that can be resealed (lids screw on and off). It is best if the bottles are in a plastic ring that holds them together for easy transport. Empty, wash and dry the bottles. Take off any labels. Fill bottles with sugar progressing from the amount of sugar in 1 soda to the amount of sugar in six sodas as listed below. Label the bottles with the information below as well.

1 soda (16 oz) = 13.3 teaspoons of sugar = 200 calories  
2 sodas (32 oz) = 26.7 teaspoons of sugar = 400 calories  
3 sodas (48 oz) = 39.9 teaspoons of sugar = 600 calories  
4 sodas (64 oz) = 53.3 teaspoons of sugar = 800 calories  
5 sodas (80 oz) = 66.7 teaspoons of sugar = 1,000 calories  
6 sodas (96 oz) = 79.9 teaspoons of sugar = 1,200 calories

## Juice Comparison

To make juice comparison, take labels off juice containers. Leave 100% juice in bottle. Empty 22% juice cocktail and fill with 10 teaspoons of sugar. Use the following information to make labels.

100% Juice (10 oz)  
Bottle sells for \$1.00  
Juice price 10 cents/ ounce

22% Juice "Cocktail" (10 oz)  
More than 10 tsp of added sugar  
Bottle sells for \$1.00  
Juice price 45 cents/ ounce.