

# “What’s in your beverage?”

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## PART 1 – What does it all mean?

Choose two different drink products from the assortment. Record the following information or values for your products in the chart provided.

Record the following for Product #1 and #2	Product #1:	Product #2:
What is the product’s name?		
What is the serving size according to the label?		
How many servings are in the entire container or package?		
How many total calories are there in one serving?		
How many calories would you consume if you ate drank the whole bottle?		
How many grams of sugar are in one serving of the drink?		
How many teaspoons of sugar are in one serving of the drink? <b>(Hint: 1 teaspoon = 4 grams of sugar)</b>		
How many grams of sugar would you consume if you drank the entire bottle?		
How many teaspoons of sugar would you consume if you drank the entire bottle? <b>(Hint: 1 teaspoon = 4 grams of sugar)</b>		
What is the 1 <sup>st</sup> ingredient listed?		
What is the 2 <sup>nd</sup> ingredient listed?		
What vitamins and/ or minerals are listed on the labels?		
List 1-2 ingredients which are a mystery to you.		



Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA’s Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7482 or 215-490-0556. USDA is an equal opportunity provider and employer.

**PART 2:** Answer the following questions.

1. Looking at nutrition label, ingredients list, and number of teaspoons of sugar, do you think Product #1 is healthy? What about Product #2? Why or why not?

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2. Which product is a healthier choice? Why?

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3. If you think both of the products you looked at are not that healthy, what could you drink instead that would be a healthier choice?

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4. What can you do to make healthier choices when selecting what you want to drink?

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