

## Instructor Tips for Drink Label Cards

1. Display Drink Label Cards with sugar cubes representing the teaspoons of sugar in each container. Display should also include general MyPlate messaging on total diet (consider *MyPlate 10 Tips to a Great Plate*).
2. Note that the walking time needed to burn off the sugary drink is in addition to the daily activity necessary for weight maintenance.
3. Discuss the benefits of the nutrients in milk and 100% juice.

Drink	Container Size	Sugar Type	Calories per Container	Teaspoons (tsp) of Sugar per Container	Walking Time to Burn Off the Drink <sup>1</sup>
Water	20 fl. oz. bottle	Sugar-Free	0 calories	0 tsp.	0 minutes
1% Milk	16 fl. oz. bottle	Natural Sugar	260 calories	8 tsp.	56 minutes
100% Orange Juice	16 fl. oz. bottle	Natural Sugar	244 calories	11 tsp.	53 minutes
Soda	12 fl. oz. can	Added Sugar	136 calories	8 tsp.	30 minutes
Soda	20 fl. oz. bottle	Added Sugar	227 calories	14 tsp.	49 minutes
Sports Drink	20 fl. oz. bottle	Added Sugar	125 calories	9 tsp.	27 minutes
Energy Drink	16 fl. oz. can	Added Sugar	240 calories	15 tsp.	52 minutes
Sweetened Tea	20 fl. oz. bottle	Added Sugar	213 calories	14 tsp.	46 minutes
Fruit-flavored Soda	12.5 fl. oz. bottle	Added Sugar	165 calories	11 tsp.	36 minutes
Juice Drink	20 fl. oz. bottle	Added & Natural Sugar	305 calories	17 tsp.	66 minutes
Fruit Nectar	11.5 fl. oz. can	Added & Natural Sugar	196 calories	11 tsp.	42 minutes
Vitamin-added Water	20 fl. oz. bottle	Added & Natural Sugar	125 calories	8 tsp.	27 minutes

Notes: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to next whole number.

1. United States Department of Health and Human Services, U. S. Department of Agriculture. *Dietary Guidelines for Americans, 2005*, Table 4. Calories/Hour Expended in Common Physical Activities. <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm> Accessed May 15, 2012.



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net).

Adapted from the California WIC Program.



## Nutrition Facts

Serving Size 20 fl oz (591 mL)  
Servings Per Container 1

### Amount Per Serving

Calories 0                      Calories from Fat 0

	% Daily Value*
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 0g	0%
Sugars 0g	
<b>Protein</b> 0g	

Not a significant source of other nutrients.

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: PURIFIED WATER.



## Nutrition Facts

Serving Size 8 fl oz (240 mL)  
Servings Per Container 2

### Amount Per Serving

**Calories** 130 Calories from Fat 20

	% Daily Value*
<b>Total Fat</b> 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 16g	5%
Dietary Fiber 0g	0%
Sugars 15g	
<b>Protein</b> 11g	22%
Vitamin A	10%
Calcium	40%
Vitamin D	25%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: LOWFAT MILK, FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D3.



## Nutrition Facts

Serving Size 8 fl oz (240 mL)  
Servings Per Container 2

### Amount Per Serving

**Calories** 122                      Calories from Fat 0

	% Daily Value*
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 5mg	0%
<b>Potassium</b> 443mg	13%
<b>Total Carbohydrate</b> 29g	10%
Sugars 21g	
<b>Protein</b> 2g	4%
Vitamin C	139%
Thiamin	17%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium and iron.

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: 100% PURE ORANGE JUICE NOT FROM CONCENTRATE.



## Nutrition Facts

Serving Size 1 can – 12 fl oz (360 mL)

### Amount Per Serving

**Calories** 136 Calories from Fat 0

### % Daily Value\*

**Total Fat** 0g 0%

**Sodium** 15mg 0%

**Total Carbohydrate** 35g 11%

Sugars 33g

**Protein** 0g

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.



<b>Nutrition Facts</b>	
Serving Size 1 bottle – 20 fl oz (591 mL)	
<b>Amount Per Serving</b>	
<b>Calories</b> 227	Calories from Fat 0
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 59g	20%
Sugars 55g	
<b>Protein</b> 0g	
<p>Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.</p> <p>*Percent Daily Values (DV) are based on a 2,000 calorie diet.</p> <p>INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.</p>	



## Nutrition Facts

Serving Size 8 fl oz (240 mL)  
Servings Per Container 2.5

### Amount Per Serving

**Calories** 50 Calories from Fat 0

### % Daily Value\*

**Total Fat** 0g 0%

**Sodium** 110mg 4%

**Potassium** 30mg 1%

**Total Carbohydrate** 14g 5%

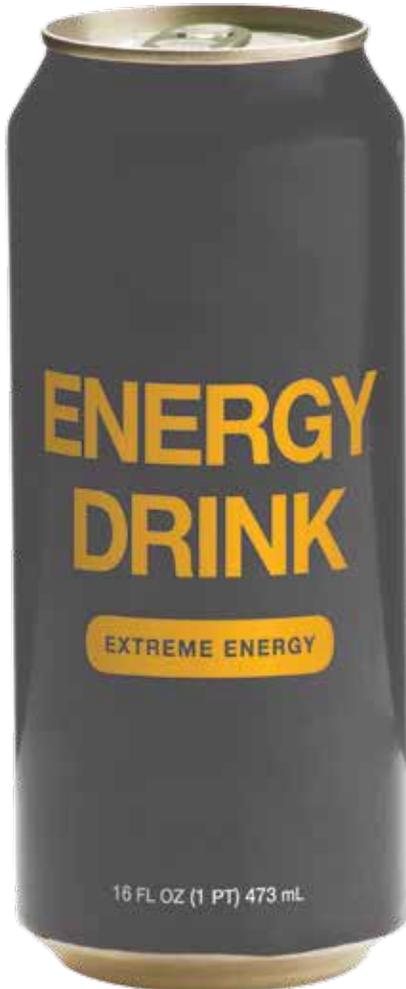
Sugars 14g

**Protein** 0g

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: WATER, SUCROSE, DEXTROSE, CITRIC ACID, NATURAL FLAVOR, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, BLUE COLORING, GLYCEROL ESTER OF ROSIN, CARAMEL COLOR.



## Nutrition Facts

Serving Size 8 fl oz (240 mL)  
Servings Per Container 2

### Amount Per Serving

**Calories** 120 Calories from Fat 0

	% Daily Value*
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 70mg	3%
<b>Total Carbohydrate</b> 30g	10%
Sugars 30g	
<b>Protein</b> 0g	
Riboflavin	100%
Niacin	100%
Vitamin B6	100%
Vitamin B12	100%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, GLUCOSE, CITRIC ACID, NATURAL FLAVORS, TAURINE, SODIUM CITRATE, PANAX GINSENG ROOT EXTRACT, L-CARNITINE, CAFFEINE, NIACINAMIDE, SODIUM CHLORIDE, INOSITOL, PYRIDOXINE HYDROCHLORIDE, SUCRALOSE, RIBOFLAVIN, MALTODEXTRIN, CYANOCOBALAMIN.



## Nutrition Facts

Serving Size 8 fl oz (240 mL)  
Servings Per Container 2.5

### Amount Per Serving

Calories 85 Calories from Fat 0

	% Daily Value*
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 30mg	1%
<b>Total Carbohydrate</b> 23g	8%
Sugars 23g	
<b>Protein</b> 0g	

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: FILTERED WATER, SUGAR, CITRIC ACID, TEA, NATURAL FLAVORS.



## Nutrition Facts

Serving Size 8 fl oz (240 mL)  
Servings Per Container 2.5

### Amount Per Serving

Calories 122                      Calories from Fat 0

### % Daily Value\*

Total Fat 0g                      0%

Sodium 25mg                      1%

Total Carbohydrate 27g                      9%

Sugars 27g

Protein 0g

Vitamin A                      0%

Vitamin C                      100%

Calcium                      0%

Iron                      0%

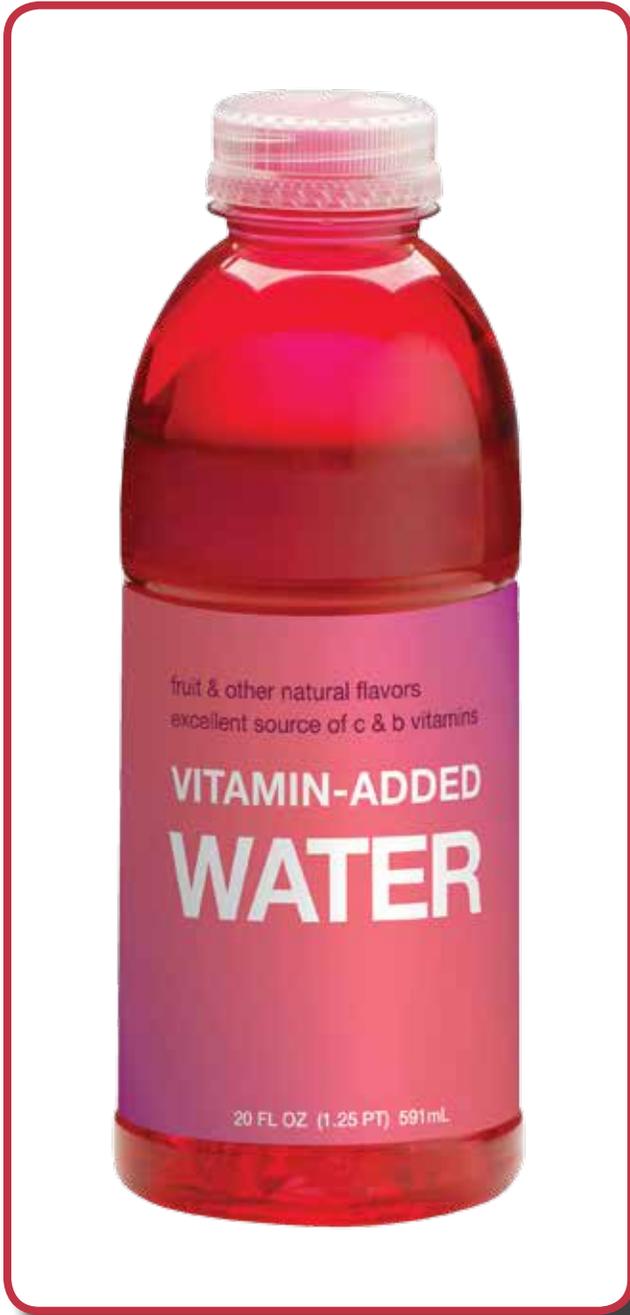
Contains 10% juice.

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium and iron.

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, ORANGE JUICE CONCENTRATE, CITRIC ACID, POTASSIUM BENZOATE (PRESERVES FRESHNESS), NATURAL FLAVOR, YELLOW COLORING, GLYCEROL ESTER OF WOOD ROSIN, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR).

# Vitamin-added Water



## Nutrition Facts

Serving Size 8 fl oz (240 mL)  
Servings Per Container 2.5

### Amount Per Serving

Calories 50 Calories from Fat 0

	% Daily Value*
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 13g	4%
Sugars 13g	
<b>Protein</b> 0g	
Vitamin C	50%
Vitamin B3	10%
Vitamin B6	10%
Vitamin B12	4%
Vitamin B5	10%
Zinc	5%

Contains less than 1% juice.

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium and iron.

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: WATER, CRYSTALLINE FRUCTOSE, CITRIC ACID, VEGETABLE JUICE (COLOR), NATURAL FLAVOR, ASCORBIC ACID (VITAMIN C), VITAMIN E ACETATE, MAGNESIUM LACTATE (ELECTROLYTE), CALCIUM LACTATE (ELECTROLYTE), ZINC PICOLINATE, MONOPOTASSIUM PHOSPHATE (ELECTROLYTE), NIACIN (B3), PANTOTHENIC ACID (B5), PYRIDOXINE HYDROCHLORIDE (B6), CYANOCOBALAMINE (B12).



## Nutrition Facts

Serving Size 1 Can – 11.5 fl oz (340 mL)

### Amount Per Serving

Calories 196                      Calories from Fat 0

### % Daily Value\*

**Total Fat** 0g                      0%

**Sodium** 50mg                      2%

**Total Carbohydrate** 49g                      16%

Sugars 45g

**Protein** 0g

**Vitamin C**                                      100%

Contains 20% juice.

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium and iron.

\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, FRUIT PUREE CONCENTRATE, APPLE JUICE CONCENTRATE, CITRIC ACID, ASCORBIC ACID (VITAMIN C).



## Nutrition Facts

Serving Size 8 fl oz (240 mL)  
Servings Per Container about 1.5

**Amount Per Serving**

**Calories** 110

**% Daily Value\***

**Total Fat** 0g 0%

**Sodium** 25mg 1%

**Total Carbohydrate** 28g 9%

Sugars 28g

**Protein** 0g

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER (WATER, CARBON DIOXIDE), NATURAL SUGAR, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS AND RED COLORING.