

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 ¹
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.



Nutrition Facts

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

Amount Per Serving

Calories 0 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Sugars 0g	
Protein 0g	

Not a significant source of other nutrients.

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

INGREDIENTS: PURIFIED WATER.

Lowfat 1% Milk



Nutrition Facts

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

Amount Per Serving

Calories 130 Calories from Fat 20

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 160mg	7%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 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*
Total Fat 0g	0%
Sodium 5mg	0%
Potassium 443mg	13%
Total Carbohydrate 29g	10%
Sugars 21g	
Protein 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.



Nutrition Facts

Serving Size 1 bottle – 20 fl oz (591 mL)

Amount Per Serving

Calories 227 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Sodium 25mg 1%

Total Carbohydrate 59g 20%

Sugars 55g

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.



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%

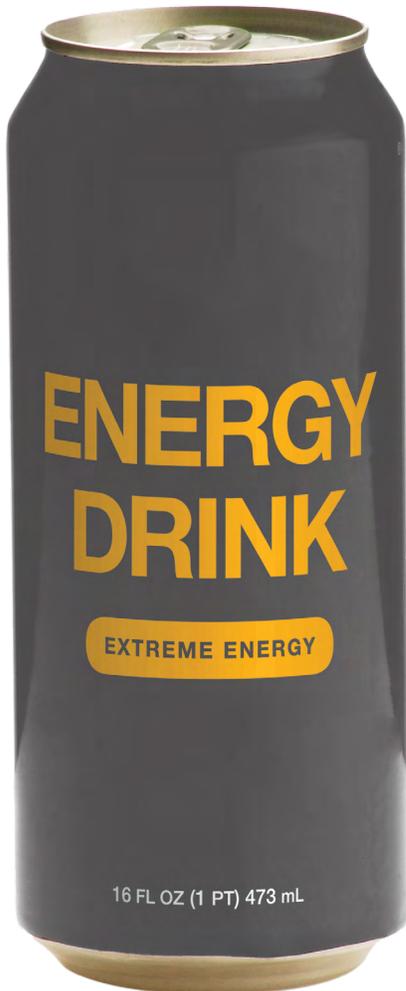
Sugars 14g

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*	
Total Fat 0g	0%
Sodium 70mg	3%
Total Carbohydrate 30g	10%
Sugars 30g	
Protein 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*
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 23g	8%
Sugars 23g	
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: 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*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Sugars 13g	
Protein 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.