

## Directions to Make Your Own

# SUGAR BOTTLE DISPLAY

**Making a sugar bottle display is a great activity.**

This powerful visual is one of the best ways to show just how much sugar is in some popular drinks—you'll be surprised. This is a tool that can be used to help kids and staff to make smart drink choices.



### Supplies:

- Bottles of common sugary drinks – refer to the table on the next page for suggestions.
- Bag of white sugar
- Teaspoons
- Funnels

### Directions:

1. Empty, wash, and completely dry bottles. Be careful not to damage the labels as you want to keep them on the bottles.  
**TIP:** Give the bottles at least 24 hours to dry.
2. Find the Nutrition Facts on the bottle label.
3. Take note of serving size (many bottles contain two or more servings – something to think about!)  
**TIP:** Make sure to pay attention to the information listed per bottle.
4. Record how many grams of sugar are in a bottle.

5. Figure out how many teaspoons of sugar are in each bottle by dividing the grams of sugar by 4.2 (the number of grams of sugar in a teaspoon).  
For example:
  - Serving size 1 bottle
  - Grams of sugar per bottle: 48g
  - Teaspoons of sugar per bottle: 48 divided by 4.2  $\approx$  11  
*The amount of sugar to put into this bottle is 11 teaspoons.*
6. Put funnel into mouth of bottle and pour in the sugar. Replace cap. Screw on tight!
7. Make a chart like the one below that matches the drinks you chose.  
**TIP:** *Laminate the chart to ensure it lasts a long time.*
8. Display the chart in your building so kids and staff can see how much sugar is in some of their favorite drinks. Place the bottles filled with sugar in front of the chart.
9. Other ideas:
  - Take a photo of your display and use along with chart and other handouts to make a bulletin board.
  - Make a game out of it by having people guess how many teaspoons of sugar are in their favorite drinks and give the winners a 5-2-1-0 approved prize.
  - Have a poster contest around limiting sugar-sweetened beverages.

DRINK	SIZE	CALORIES	SUGAR GRAMS	SUGAR TSP.
Coca-Cola® Classic	20 oz	240 cal	65 g	15
Dunkin' Donuts Strawberry Fruit Coolata®	16 oz sml	230 cal	57 g	14
Sprite®	20 oz	240 cal	64 g	15
Monster Energy® Drink	16 oz	200 cal	54 g	13
Arizona® Green Tea & Honey	20 oz	175 cal	43 g	10
Minute Maid® 100% Apple Juice	15.2 oz	210cal	49 g	11
Glaceau Vitamin Water®	20 oz	120 cal	32 g	8
Gatorade Thirst Quencher®	20 oz	133 cal	35 g	8
Starbucks® Bottled Coffee Frappuccino®	9.5 oz	200 cal	32 g	8
Water	Any size	0 cal	0g	0