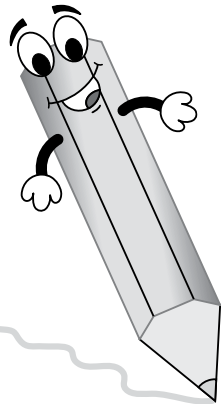


Sugar in Beverages

Find the correct path through the Sugar Maze!

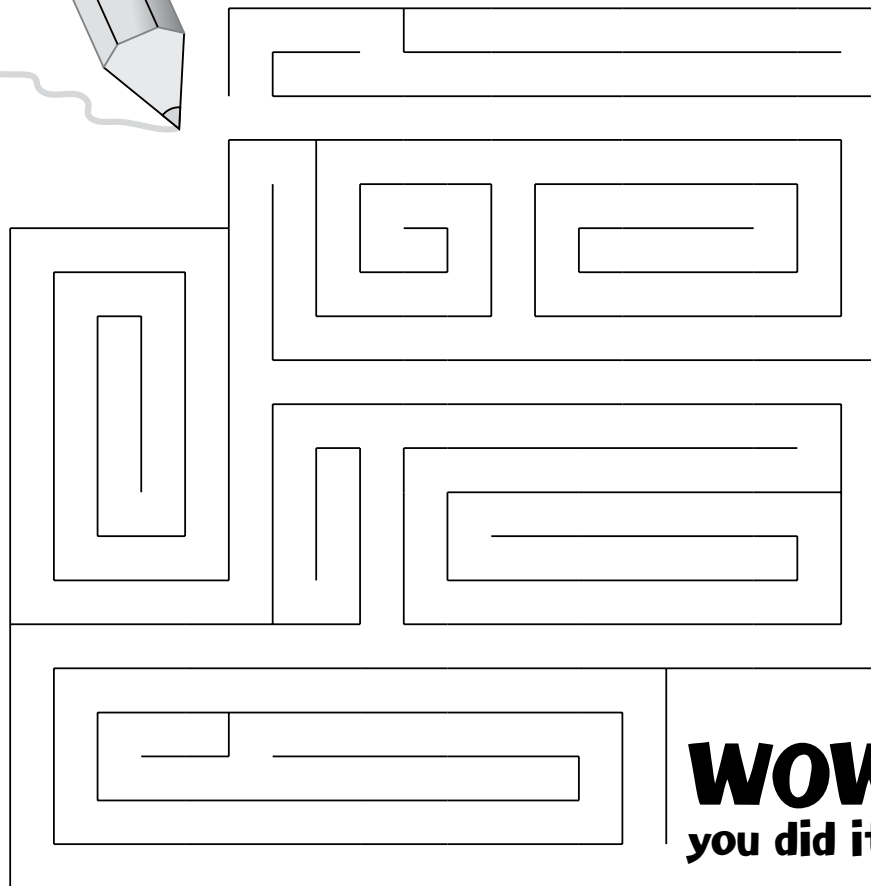


Did You Know?

- A person can survive about eight weeks without food, but only a few days without water.
- Soda pop is full of empty calories because it just provides sugar, rather than additional vitamins and minerals.
- Pop, juice, and other high-sugar beverages are not good choices for athletes because the sugar slows the absorption of water from the stomach into the body.
- An athlete should drink water before, during, and after practice and events.

A Quick Example

- The average 12-ounce can of soda pop contains about 40 grams, or about 10 teaspoons, of sugar.
- A 12-ounce serving of Hawaiian Punch contains about 45 grams of sugar.
- A 20-ounce bottle of Gatorade contains about 38 grams of sugar.
- An 8-ounce serving of white milk contains about 12 grams of sugar.
- Water contains no sugar.



**WOW,
you did it!**

Fun Facts

- Sugar helps food retain moisture, it prevents spoilage, and it improves the texture and appearance of food.
- Sugar provides no vitamins and minerals, just calories, so it is considered an empty-calorie food.
- About 60% of body weight is water.
- The average American drinks 1.6 cans of soda pop every day. That totals 597 cans of soda pop in one year, which could cause a person to gain a total of 16 pounds in one year.



The correct path for the sugar maze—check it out!

