



Family & Consumer Sciences
Cent\$ible Nutrition Program
 Helping Families Eat Better for Less

UNIVERSITY
 OF WYOMING
 Cooperative Extension Service

Think What You Drink

How many pounds of sugar from soda do you drink in a year?

$$\begin{array}{cccccccc}
 \underline{\hspace{1cm}} & \div & \frac{4}{\hspace{1cm}} & = & \underline{\hspace{1cm}} & \times & \underline{\hspace{1cm}} & = & \underline{\hspace{1cm}} & \times & \frac{52}{\hspace{1cm}} & = & \underline{\hspace{1cm}} & \div & \frac{110}{\hspace{1cm}} = & \boxed{\hspace{1cm}} \\
 \text{Grams of} & & \text{4 Grams of} & & \text{Number of} & & \text{Number of} & & \text{Number of} & & \text{52 weeks} & & \text{Number of} & & \text{Approximately} & & \text{Number of} \\
 \text{sugar per} & & \text{sugar per} & & \text{teaspoons} & & \text{containers} & & \text{teaspoons} & & \text{in one year} & & \text{teaspoons} & & \text{110 teaspoons} & & \text{pounds of} \\
 \text{container} & & \text{teaspoon} & & \text{of sugar per} & & \text{per week} & & \text{of sugar per} & & & & \text{of sugar} & & \text{of sugar in} & & \text{sugar eaten} \\
 & & & & \text{container} & & & & \text{week} & & & & \text{from soda} & & \text{one pound} & & \text{in one year} \\
 & & & & & & & & & & & & & & & & \text{from soda}
 \end{array}$$



SWEET NOTE:
 On average, each American consumes
 125 pounds of sugar each year!

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, political belief, veteran status, sexual orientation, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW CES Office. To file a complaint, write the UW Employment Practices/Affirmative Action Office, University of Wyoming, Dept. 3434, 1000 E. University Ave., Laramie, Wyoming 82071 3434.