

Name: _____

SODA STATS

In “Is Your Soda Killing You?” (p. 16), you read about a ban on sodas larger than 16 ounces in New York City restaurants, movie theaters, and stadiums. The goal of the ban is to help decrease the number of calories that people consume—potentially helping them stay at a healthy weight.

Just how many calories are packed into those extra-large sodas? The calories in soda come from sugar used to sweeten the beverages. The chart shows how much sugar is found in some common sizes of cola, according to the United States Department of Agriculture (USDA).

To get a better idea of how much sugar is dissolved in the drinks, use the conversion box (*right, below*) to convert each weight measurement in grams into teaspoons, rounding to the nearest tenth. Then calculate the number of calories from sugar that are found in the different drink sizes. We did the first one for you.

Sugar Content of Cola Sizes

Cola Size	Sugar (grams)	Sugar (teaspoons)	Calories From Sugar
12-ounce can	39	9.4	156
16-ounce bottle	52		
20-ounce bottle	65		
12-ounce cup fountain drink (child size)	23		
16-ounce cup fountain drink (small)	31		
21-ounce cup fountain drink (medium)	44		
32-ounce cup fountain drink (large)	65		

SOURCE: USDA NATIONAL NUTRIENT DATABASE FOR STANDARD REFERENCE

Conversions

1 gram of sugar = 0.24 teaspoons
1 teaspoon of sugar = 16 calories

QUESTIONS

- How many more calories are in a 20-ounce bottle of cola than in 12-ounce can?
- Which size(s) contain more than 10 teaspoons of sugar?
- The USDA bases nutritional recommendations on an average adult diet of 2,000 calories per day. What percentage of this 2,000-calorie total would be taken up by soda if a person consumed two 20-ounce bottles of cola in a single day?
- One popular chocolate sandwich cookie contains 4.7 grams of sugar. Approximately how many cookies does it take to match the amount of sugar in a 32-ounce fountain cup of cola?
- How do the numbers of calories in canned and bottled colas compare with similarly sized fountain colas? What do you think accounts for any differences?

TAKE IT FURTHER!

On a separate piece of paper, use the information that you calculated to make a bar graph of the number of calories from sugar found in each size of drink.