

Name _____

Finding Sugars & Sweeteners on Nutrition Labels

Instructions: Study and compare each pair of Nutrition Facts labels and answer the questions.

Sports Drinks

#1

#2



Nutrition Facts			
About 2.5 serving per container			
Serving size 12 fl oz (360mL)			
	Per serving	Per container	
Calories	0	10	
	% Daily Value	% Daily Value	
Total Fat	0g 0%	0g	0%
Sodium	160mg 7%	380mg	16%
Total Carb.	less than 1g 0%	2g	1%
Total Sugars	0g	0g	
Incl. Added Sugars	0g 0%	0g	0%
Protein	0g	0g	
Potassium	50mg 0%	110mg	2%

Not significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium and iron.

Water, citric acid, sodium citrate, salt, monopotassium phosphate, modified food starch, natural flavor, sucralose, acesulfame potassium, glycerol ester of rosin, blue 1.



Nutrition Facts			
About 2.5 servings per container			
Serving size 12 fl oz (360mL)			
	Per serving	Per container	
Calories	80	190	
	% Daily Value	% Daily Value	
Total Fat	0g 0%	0g	0%
Sodium	160mg 7%	380mg	17%
Total Carb.	22g 8%	51g	18%
Total Sugars	21g	48g	
Incl. Added Sugars	21g 41%	48g	96%
Protein	0g	0g	
Potassium	50mg 0%	110mg	2%

Not significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium and iron.

Water, sugar, dextrose, citric acid, natural and artificial flavor, salt, sodium citrate, monopotassium phosphate, modified food starch, glycerol ester of rosin, blue 1.

1. How many grams of sugar are in each drink?

2. If *Gatorade Zero* does not have any sugar, what gives it a sweet taste?

3. How does the presence of sugar vs artificial sweetener affect the calories?

Soda

#1



Nutrition Facts	
About 3.5 servings per container	
Serving Size	12 fl oz
Amount Per Serving	
Calories	0
% Daily Value	
Total Fat 0g	0%
Sodium 40mg	2%
Total Carbohydrate 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars 0%	
Protein 0g	
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.	

CARBONATED WATER, CARAMEL COLOR, ASPARTAME, PHOSPHORIC ACID, POTASSIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, CITRIC ACID, CAFFEINE.

CAFFEINE CONTENT: 28 mg/7.5 fl oz

PHENYLKETONURICS:
CONTAINS PHENYLALANINE

#2



Nutrition Facts	
3.5 servings per container	
Serving Size	12 fl oz (360 mL)
Amount Per Serving	
Calories	140
% Daily Value	
Total Fat 0g	0%
Sodium 45mg	2%
Total Carbohydrate 39g	14%
Total Sugars 39g	
Includes 39g Sugars Added 78%	
Protein 0g	
Not a significant source of saturated fat, trans fat, cholesterol, fiber, vitamin D, calcium, iron and potassium.	

CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.
CAFFEINE CONTENT: 34 mg/12 fl oz

1. How many grams of sugar are in Coke compared to Diet Coke?

2. What sweetener(s) are listed in the ingredients for each drink?

3. How does the difference in sugar compared to an artificial sweetener affect the calorie content of each soda?

Juice

#1



#2

Nutrition Facts

16.0 Servings Per Container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories 30	
% Daily value*	
Total Fat 0g	0%
Sodium 35mg	2%
Total Carbohydrate 8g	3%
Sugar 6g	0%
Added Sugar 6g	12%
Protein 0g	0%
Vitamin C 90mg	100%



Ingredients

Water, High Fructose Corn Syrup, Less than 2% of Orange Juice Concentrate, Tangerine Juice from Concentrate, Lemon Juice from Concentrate, Ascorbic Acid (Vitamin C), Natural and Artificial Flavors, Potassium Sorbate (Preservative), EDTA (to Help Protect Flavor), Sucralose, Acesulfame Potassium, Neotame, Citric Acid, Malic Acid, Potassium Citrate, Sodium Citrate, Food Starch-Modified, Yellow 8, Yellow 6, Corn Oil, Xanthan Gum.

1. How many grams of total sugar are in the 100% orange juice compared to the orange/citrus juice drink (Tampico)?
2. Which ingredient(s) provide sweetness in each drink?
3. Which ingredients in the juice drink (Tampico) add sweetness, but NOT calories?