



Name: _____

Date: _____

It All Adds Up

Instructions: Find out how much sugar is in your favorite snack and drink, and then solve the word problems below.

Snack _____

Serving Size _____

Servings Per Container _____

Sugar (Grams) in 1 Serving _____

Drink _____

Serving Size _____

Servings Per Container _____

Sugar (Grams) in 1 Serving _____

How much sugar would you be eating or drinking if you:

1. Ate the entire snack and drank all of the drink?

2. Ate three servings of the snack and drank two servings of the drink?

3. Split one serving of the snack and one serving of the drink with a friend?

4. Had two servings of the snack and of the drink every day for a week?

If 1 teaspoon of sugar has 16 calories, how many calories from sugar is in your snack and in your drink?
