How to Make a Sugar Bottle Display

Making a sugar bottle display is a powerful visual to show how much sugar is in some popular drinks to help students and staff to make informed drink choices.

Supplies Needed

- Bottles of common sugary drinks
- White sugar
- Teaspoons
- Funnel
- Glue (optional)

Directions

1. Empty, wash, and allow bottles to dry completely. Keep the label on the bottles.
2. Find the Nutrition Facts on the bottle label.
3. Take note of serving size (some bottles may contain more than one serving), recording how many grams of sugar are in the bottle.
4. Figure out how many teaspoons of sugar are in each bottle. Divide the total amount of grams of sugar by 4.2 (the number of grams of sugar in a teaspoon).

   Example:
   - Serving size: 1 bottle
   - Grams of sugar per bottle: 48g
   - 48 ÷ 4.2 ≈ 11
     Put 11 teaspoons of sugar into that bottle
5. Put funnel into mouth of bottle and pour in the sugar. Replace cap. Screw on tight or glue closed.
6. Make a chart that has the amount of sugar for the drinks you chose. Display the chart in your building so students and staff can see how much sugar is in some of their favorite drinks. Place the bottles filled with sugar in front of the chart.

Other Ideas

- Take a photo of your display and use along with chart and other handouts to make a bulletin board.
- Make a game. Have students & staff guess how many teaspoons of sugar are in their favorite drinks and give the winners a 5-2-1-0 themed prize.
- Include student and staff favorite coffee shop drinks by washing a to-go cup and using it with other sugary drinks that are purchased in bottles or cans. Nutrition facts can be found on company websites.

SIZE	SIZE	CALORIES	SUGAR GRAMS	SUGAR TSP
Coca-Cola® Classic	20 oz	240 cal	65 g	15
Monster Energy® Drink	16 oz	200 cal	54 g	13
Glaceau Vitamin Water®	20 oz	120 cal	32 g	8
Gatorade Thirst Quencher®	20 oz	133 cal	35 g	8
Starbucks® Bottled Coffee Frappuccino®	9.5 oz	200 cal	32 g	8
Water	Any size	0 cal	0g	0