

decode your drink

circle the number of servings

calculate the percent of added sugars:

$$\frac{\text{grams of added sugar}}{50} \times 100$$



Nutrition Facts	
1 serving per container	
Serving Size	20 fl oz (591 mL)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 0g	0%
Sodium 270mg	12%
Total Carbohydrate 36g	13%
Total Sugars 34g	
Includes 34g Added Sugars	
Protein 0g	
Potassium 60mg	0%
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, and iron.</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Nutrition Facts	
1 Serving Per Container	
Serving Size	1 Can
Amount Per Serving	
Calories	140
% Daily Value	
Total Fat 0g	0%
Sodium 45mg	2%
Total Carbohydrate 39g	14%
Total Sugars 39g	
Includes 39g Added Sugars	
Cholesterol 0mg	0%
Protein 0g	
Vitamin D	0%
Calcium	0%
Iron	0%
Potassium	0%
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.</small>	



Nutrition Facts	
2.5 Serving Per Container	
Serving Size	8 fl oz (240 mL)
Amount Per Serving	
Calories	100
% Daily Value	
Total Fat 0g	0%
Sodium 35mg	1%
Total Carbohydrate 29g	10%
Total Sugars 27g	
Includes 27g Added Sugars	
Cholesterol 0mg	0%
Protein 0g	
Vitamin D	0%
Calcium	0%
Iron	0%
Potassium	0%
Vitamin C	2%
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.</small>	



Nutrition Facts	
Serving Size 1 Cup (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g 15%	
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g 0%	
Sugars 12g	
Protein 8g	16%
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

