

Create Your Own *Almost None* Sugar Shock Kit

The *Almost None* Sugar Shock Kit provides a fun and interactive way to show individuals how much sugar they are consuming in beverages alone. It can be used to help people identify both sugary and healthy beverages, as well as to discuss why we should limit the consumption of sugary drinks. You can use the materials we have listed below or poll your group to see what kinds of beverages they drink on a regular basis and create a kit using those choices instead. Try to have a variety of beverage types and sizes so that your audience can see how widely sugar content varies.

Contents of *Almost None* Sugar Shock Kit

Drinks:

Pepsi Bottle (24 oz)	Hi-C Blast (6.75 oz)
PowerAde (32 oz)	100% Juice (4.23 oz)*
Cran-Grape Juice (12 oz)	Fat-free Milk (8 oz)*
Snapple Iced Tea (16 oz)	Diet Coke Can (12oz)
Coca-Cola Can (12 oz)	Bottle of water*
Frappuccino (9.5 oz)	*Indicates beverages that should always be included in your <i>Almost None</i> kit

Other:

- Heavy duty file box to hold contents
- 2 label templates (Avery 5160 and 5126)
 - ~Avery 5160 for beverages and sugar cups
 - ~Avery 5126 for sugar content chart in file box
- Clear glass/plastic containers with lids (approx 4 oz, one for each beverage) (e.g.: lab specimen cups, baby food jars, etc.)
- Measuring teaspoons (1 tsp, ½ tsp, ¼ tsp)
- Large container of sugar
- Sugar content chart (see #6 below)
- Plastic cups and spoons for interactive game (Optional, see “Instructions for Using the *Almost None* Sugar Shock Kit”)

A sugar content chart has been provided to show the amount of sugar in the drinks above, as well as a blank sugar content chart template to fill out if you want to use different beverages. To figure out how many teaspoons of sugar are in a full bottle of any beverage, simply do the following:

- Look at the nutrition label and find the number of grams (g) of sugar per serving.
- Multiply the number of grams per serving by the number of servings in the bottle. For example: If a drink has 16g sugar per serving and the bottle contains 2 servings, multiply 16 times 2 to get 32g of sugar per bottle.
- Then take the total grams of sugar in the bottle and divide by 4 grams of sugar per teaspoon to get the number of teaspoons of sugar per bottle. For example: If a bottle has 32g of sugar, divide 32g by 4g to get 8 tsp of sugar in the bottle.



Create your own *Almost None* Sugar Shock Kit:

Assembling the *Almost None* Sugar Shock Kit is simple and easy to do. The following instructions will help you create your own kit.

- 1) Select a heavy duty box that is large enough to store all beverages and sugar containers.
- 2) Decide which beverage choices to include in the kit and gather them. Water, fat-free or 1% milk, and 100% juice should be included in each *Almost None* Sugar Shock Kit. All “sugary beverages” are your choice; however, we have suggested specific beverages to make your Sugar Shock Kit easy to create.
 - Suggested drinks: Pepsi, PowerAde, Cran-Grape Juice, Snapple Iced-Tea, Coca-Cola, Frappuccino, Hi-C Blast, 100% Juice, Fat-free Milk, Diet Coke, and a bottle of water.

Tip: The beverages should range in size and amount of sugar.

- 3) Print the drink labels and place on the appropriate bottles. If you choose to use our suggested drinks, we have included a beverage label template (Avery 5160) for your convenience. *Note: the beverage label information is listed twice on the template. One set is for your beverages, the other set is for the sugar containers (see #5).

Tip: Place the labels on the backs of the beverage bottles so they can not be seen by participants when you do the demonstration.

- 4) If you choose to use other “sugary beverages,” you will need to create individual labels that include serving size, grams of sugar, and teaspoons of sugar to go on the back of each beverage. You can use the beverage label template provided, exchanging your beverage information with what is listed.
- 5) Gather small containers (approximate size: 4 oz) that can be sealed (e.g.: lab specimen cups, baby food jars, etc.). You will need one small container for every drink in the kit. Place the second set of beverage-specific labels from the template (Avery 5160) on the back of each small container. Using the measuring teaspoons and large container of sugar, measure out the number of teaspoons of sugar in each beverage; pour into the small container labeled for that beverage and seal.
- 6) Print the sugar content chart (as shown on page 3) and stick it to the inside lid of your heavy duty box. The chart can be used as a “cheat sheet” when placing drinks in order from highest amount of sugar to lowest. We have included the sugar content chart label template (Avery 5126) for your convenience. If you have chosen beverages different than those suggested, use the blank template provided to create your own sugar content chart.
- 7) Optional—Gather 12-oz. plastic cups and plastic teaspoons if you want hands-on participation by the audience. See “Instructions for Using the *Almost None* Sugar Shock Kit” for more information.

Choose drinks that are different sizes and contain small and large amounts of sugar.



Sugar Content Chart for the *Almost None* Sugar Shock Kit

How often?	Beverage	Ounces per bottle	Servings per bottle	Grams of sugar per bottle	tsp of sugar per bottle	Order from most to least sugar
<i>Almost None</i>	Pepsi	24 oz.	3	83 g	20 ¾ tsp	1
<i>Almost None</i>	PowerAde	32 oz.	4	60 g	15 tsp	2
<i>Almost None</i>	Cran-Grape Juice	12 oz.	1	52 g	13 tsp	3
<i>Almost None</i>	Snapple Iced Tea	16 oz.	2	46 g	11 ½ tsp	4
<i>Almost None</i>	Coca-Cola	12 oz.	1	39 g	9 ¾ tsp	5
<i>Almost None</i>	Frappuccino	9.5 oz.	1	31 g	7 ¾ tsp	6
<i>Almost None</i>	Hi-C Blast	6.75 oz.	1	25 g	6 ¼ tsp	7
<i>Limit</i>	100% Juice (Berry)*	4.23 oz.	1	13 g	3 ¼ tsp	8
<i>Anytime</i>	Fat-free Milk*	8 oz.	1	12 g	3 tsp	9
<i>Almost None</i>	Diet Coke	12 oz.	1	0 g	0 tsp	10
<i>Anytime</i>	Bottle of Water*	Any	Any	0 g	0 tsp	11

*Indicates beverages that should always be included in an *Almost None* Sugar Shock kit.

