

Nurturing Our Families with Food Pop

Water was the original Native soft drink. Today pop and other high sugar beverages have replaced water. A 12-ounce can of pop has about 155 calories, is high in sugar, and provides no nutrition for our bodies.

Do you know how much sugar is in a 12-ounce can of regular pop?

- One can of regular pop has between 9 to 12 teaspoons of sugar.

How much sugar is that in a day?

- If you drink three cans (12-ounce) each day, you will drink 36 teaspoons or 12 tablespoons of sugar each day.

How much sugar is that in a month?

- If you drink three cans or 12 tablespoons of sugar each day, you drink 360 tablespoons (22 ½ cups) of sugar each month.
- There are about 20 cups of sugar in a 10-pound bag. That means if you drink three cans of pop each day for one month, you will drink 10 pounds of sugar!

How much sugar is that in a year?

- By drinking three cans of pop each day, you will consume 120 pounds of sugar in one year.
- Those 120 pounds of sugar will provide your body with 208,980 calories.
- Those calories may add over 35 pounds of unwanted fat to your body.

Drink more water!

Water is calorie free, fat free, and sugar free! Serve the best beverage possible! Have a glass today!