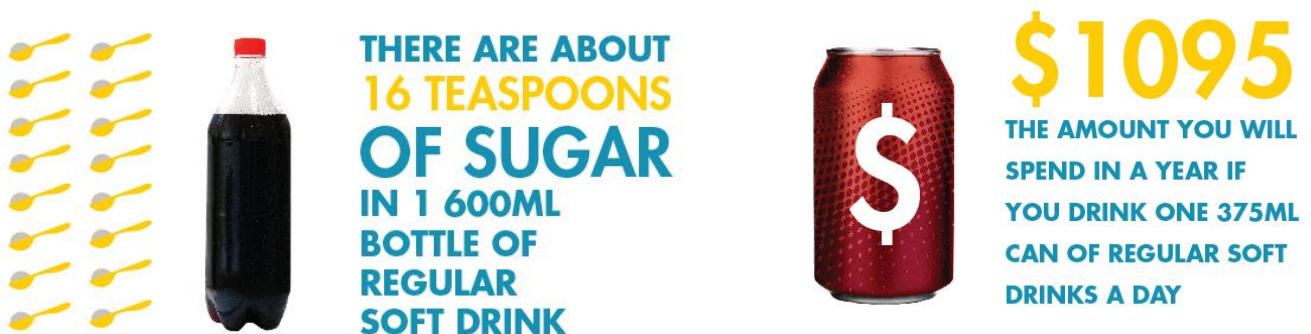




Have you got a presentation or event coming up?



Looking for an exciting display or interactive demonstration?

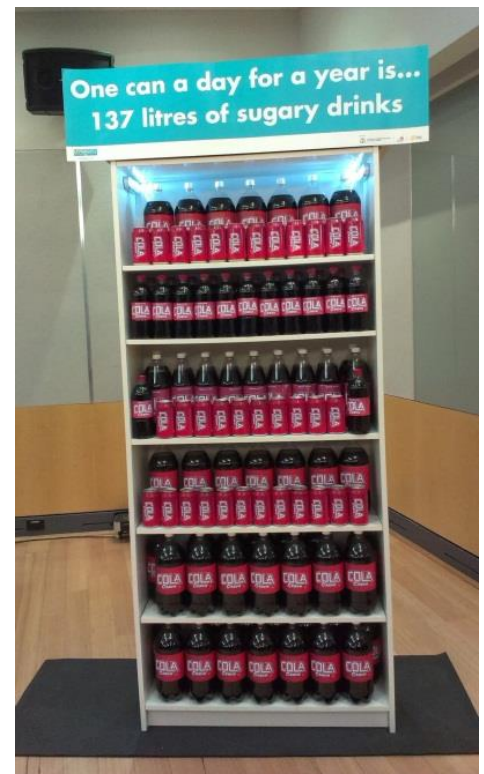
This kit contains tools to spread the word about sugary drinks.

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ONE CAN A DAY FOR A YEAR IS...

...137 L of sugary drinks

- 1 can (375 mL) x 365 days = 136.87 L
- Ideas for presentation
 - A drinks fridge or bookshelf filled with 137 L of Crave drinks in different sizes (see appendices)
 - The volume of a wheelie bin is 140 L so this can be a cheaper/ easier alternative to the bookshelf
 - Display the LiveLighter sugary drinks calculator on a tablet or laptop for people to complete (livelighter.com.au/SugaryDrinks/Calculator)
- NB – signage for this display can be found in the appendices



... 15 kg of sugar

- 375 mL cola contains 41 g sugar (using NUTTAB) x 365 = 14.96 kg
- Ideas for presentation
 - A tower of sugar bags
 - 2 x 9L buckets full of sugar (1 bucket holds approx. 7.6 kg sugar)
- NB – signage for this display can be found in the appendices



... the potential for 6.5 kg weight gain

- 14960 g sugar x 16 kJ/ g= 239 360 kJ of energy
- This amount of energy stored as fat = 239 360 ÷ 37= 6469 g
- Ideas for presentation
 - Adipose tissue models
 - Butter
 - Weights on kitchen scales
- NB – signage for this display can be found in the appendices



HOME-MADE LEMONADE

- Talking points:
 - Soft drinks are very high in sugar (9-11%)
 - They don't taste very sweet because many things mask the sweetness (citric acid, carbonation (bubbles), flavours, coldness of the drink)
 - When these things are stripped away, the sugary water is very unpleasant!
- Depending on time you can offer just the first 2 samples or a series of samples demonstrating this:
 - Sugar and water
 - Sugar, water and citric acid
 - Flat lemonade
 - Sugar, soda water and citric acid
 - Lemonade (room temperature or cold)
- Tip: try adding a little food colouring to any of these
- Tip: Rinse your mouth with water between samples



Resources

- Signage (see appendices)
- Tasting cups (e.g. 30 mL plastic shot glasses)
- Caster sugar
- Water
- Citric acid
- Measuring cups/ spoons or scales
- Jugs/ squeeze bottles
- Slops bucket for leftover samples (ice-cream container or similar)
- Bin for cups
- Paper towels for spills

Recipe

- Need about 15-20 mL per person (if using 30 mL disposable shot glasses)
- Calculate **volume required** (volume required = 20 mL x number of people)
- Calculate **amount of sugar required** for 11% sugar solution
 - Amount of sugar required (g) = volume required (mL) x 0.11
 - Hint: sugar (g) ÷ 4 = number of metric teaspoons
- Weigh or measure out sugar into a suitable container that has volume measurements. A bottle with a lid is ideal so you can shake vigorously
- Add about half the volume required as warm/ hot water and shake/ stir vigorously
- Top up to the full volume required with cold water
- If using citric acid add **½ teaspoon per litre** then taste. Add more if required.
- Hint: if using soda water use as little hot water as possible and let it cool. Add soda water just before serving.

HOW MUCH SUGAR IN MY DRINK?

Product	Serve size	% sugar	Grams	Sugar content	
				Teaspoons	Cubes
Cola	375 mL can	10.9	40.9	10	9
	600 mL	10.9	65.4	16	15
Lemonade	375 mL can	8.6	32.3	8	7
	600 mL	8.6	61.6	15	14
Sports drinks[^]	600 mL	6	36	9	8
Orange drink (25% juice)	300 mL carton	10.9	32.7	8	7
	600 mL carton	10.9	65.4	16	15
Vegetable drink	300 mL	3.5	10.5	3	2
Apple drink (25% juice)	250 mL tetra	10.2	25.5	6	6
	350 mL bottle	10.2	35.7	9	8
	600 mL bottle	10.2	63.6	16	14
Energy drink	250 mL can	11.3	28.2	7	6
	500 mL can	11.3	56.5	14	13
Flavoured water[*]	500 mL bottle	4.3	21.5	5	5
Iced tea[*]	500 mL bottle	6.7	33.5	8	7
Iced coffee	300 mL carton	9.2	27.6	7	6
	600 mL carton	9.2	55.2	14	12
Choc milk	300 mL carton	8.8	26.4	7	6
	600 mL carton	8.8	52.8	13	12

Nutrition information comes from NUTTAB 2010. They use an average of different brands and products. <http://archive.foodstandards.gov.au/consumerinformation/nuttab2010/>

[^]Nutrition information is average of all Powerade and Gatorade flavours correct July 2018

^{*}Nutrition information from Calorie King: Glaceau Vitamin Water (Revive) and iced tea with sugar (average across all brands).

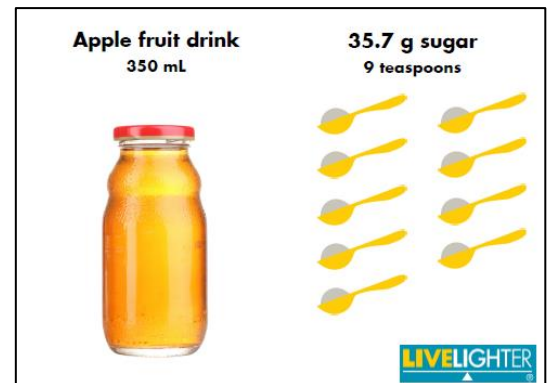
Showing the sugar

- 1 metric teaspoon of sugar is about 4 g
- Sugar sachets from cafes are usually 4 g
- Sugar “sticks” are about 2 g
- CSR sugar cubes are 4.5 g

TIPS FOR SWEET DISPLAYS

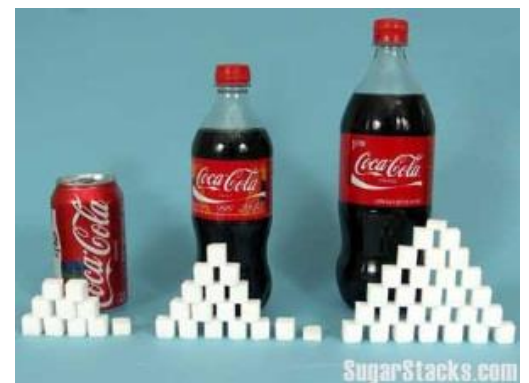
Ideas for presentation

- Picture displays
 - Physical displays
 - Combination of physical and picture
- We've included some posters of the sugar in drinks in this kit. Posters are good when it's not practical to carry around props.



Tips

- You can make it interactive by asking people to:
 - Guess the amount of sugar
 - Practice label reading
 - Weigh out the amount of sugar in a drink
 - Count out the number of sugar cubes in a drink
- Kids like to eat sugar. If sugar is part of your display put it in a ziplock bag or out of reach.
- Use empty drink containers. Full ones are heavy, and tend to go missing.
- If using real packaging use the Nutrition Information Panel to calculate the sugar content of the specific product
- If you rinse and dry the bottles well you can fill the empty bottle with the sugar content of that drink (see picture).



INGREDIENTS: HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, WATER, SALT, CELLULOSE GUM, CARAMEL COLOUR, NATURAL AND ARTIFICIAL FLAVOURS, SODIUM HEXAMETAPHOSPHATE, ASCORBIC ACID AND SODIUM BENZOATE

NUTRITION INFORMATION

Servings per package: 1.5
Serving Size: 200 ml

	Avg Qt per serv	Avg Qt per 100ml
Energy	689 kJ	989 kJ
Protein	0.8g	0.8g
Fat, total	0.2g	0.2g
-saturated	0g	0g
Carbohydrate	25.2g	43.2g
-sugars	24.2g	42.2g
Dietary Fibre	0g	0g
Sodium	15mg	30mg
Vitamin C	0mg	0mg

Ingredient: High Fructose Corn Syrup, Corn Syrup, Water, Salt, Cellulose Gum, Caramel Colour, Natural And Artificial Flavours, Sodium Hexametaphosphate, Ascorbic Acid, Sodium Benzoate



9 324915 050617

COLA
Crave 2 L

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9 324915 050617

COLA
Crave 2 L

One can a day

for a year is...

137 litres

of sugary drinks

One can a day

for a year is...

15 kg of sugar

One can a day

for a year is...

The potential for

6.5 kg weight gain



Commercial lemonade

Water, sugar, citric acid, bubbles

11% sugar



livelighter.com.au

Home-made “lemonade”

Water, sugar, citric acid

11% sugar



livelighter.com.au

Home-made syrup

Water, sugar

11% sugar



livelighter.com.au

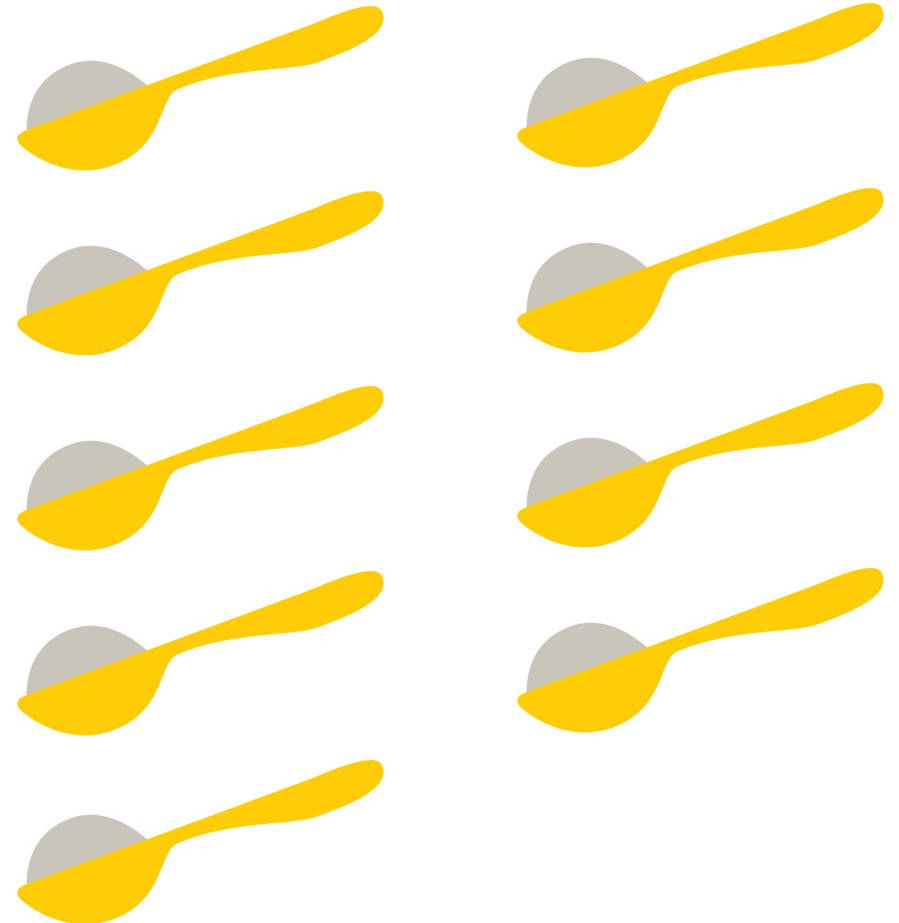
Apple fruit drink

350 mL



35.7 g sugar

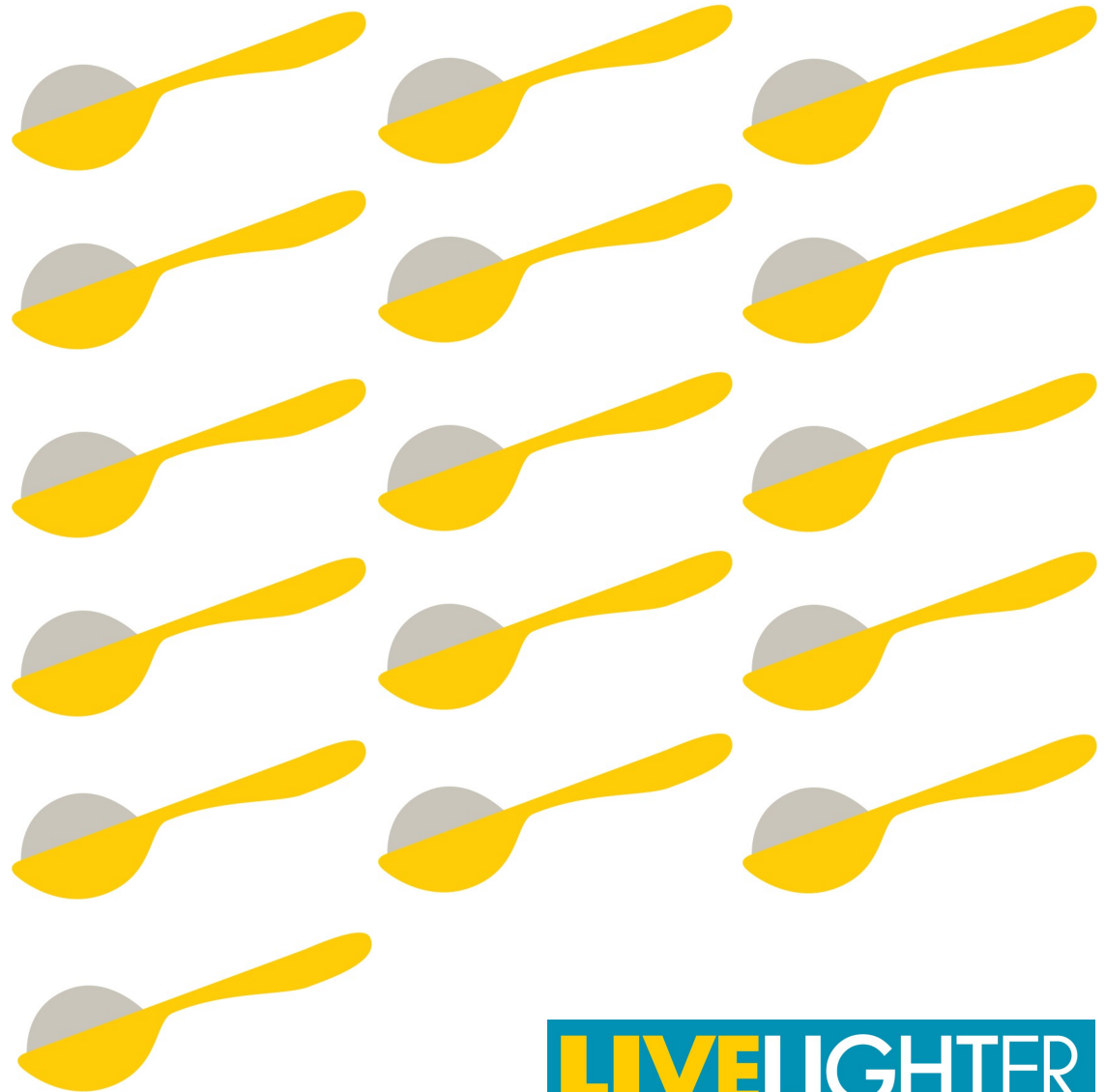
9 teaspoons



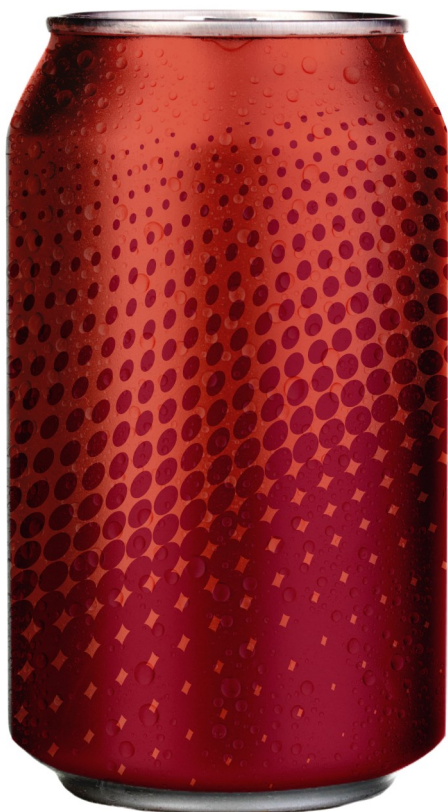
Cola
600 mL



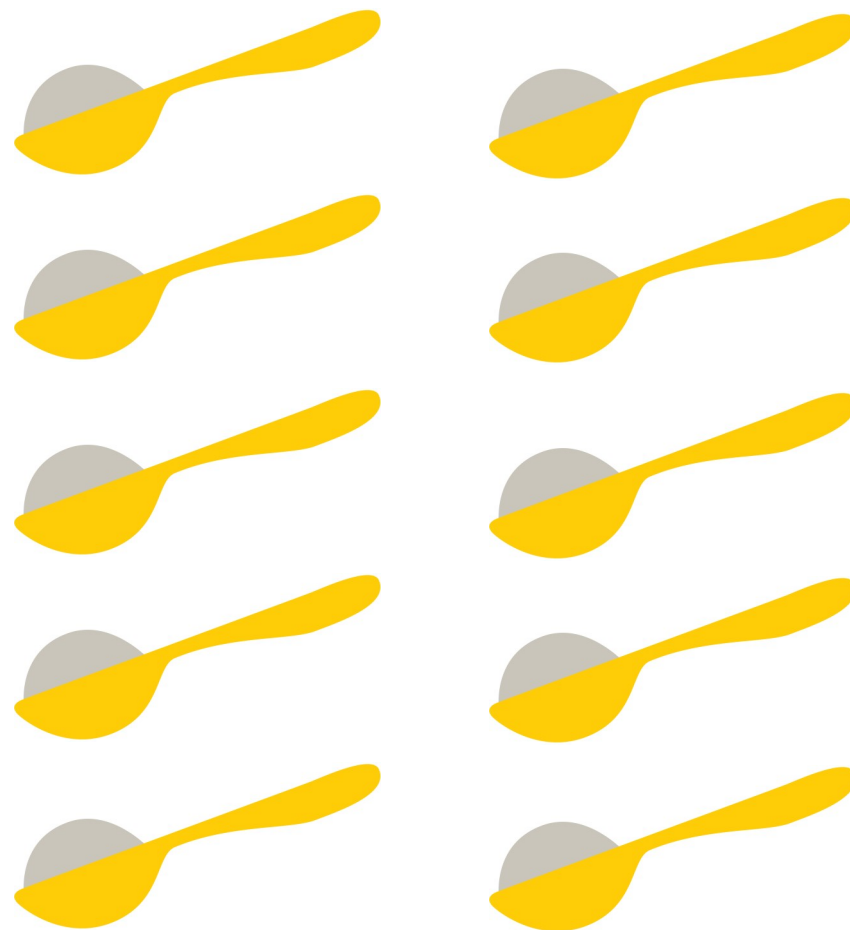
65.4 g sugar
16 teaspoons



Cola
375 mL



40.9 g sugar
10 teaspoons



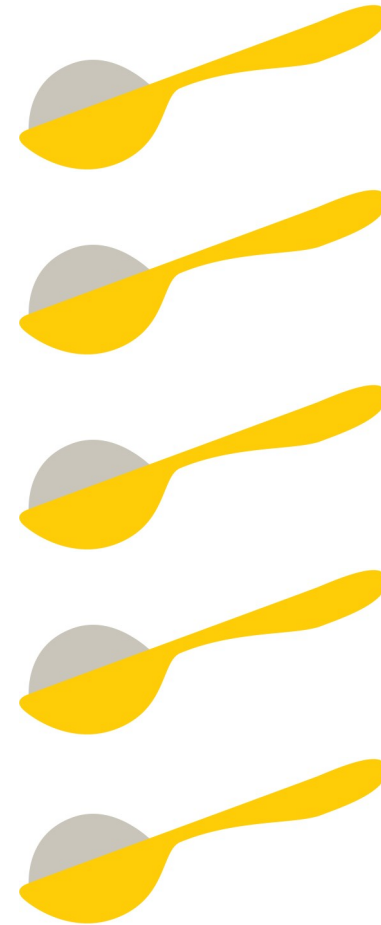
Flavoured water

500 mL



21.5 g sugar

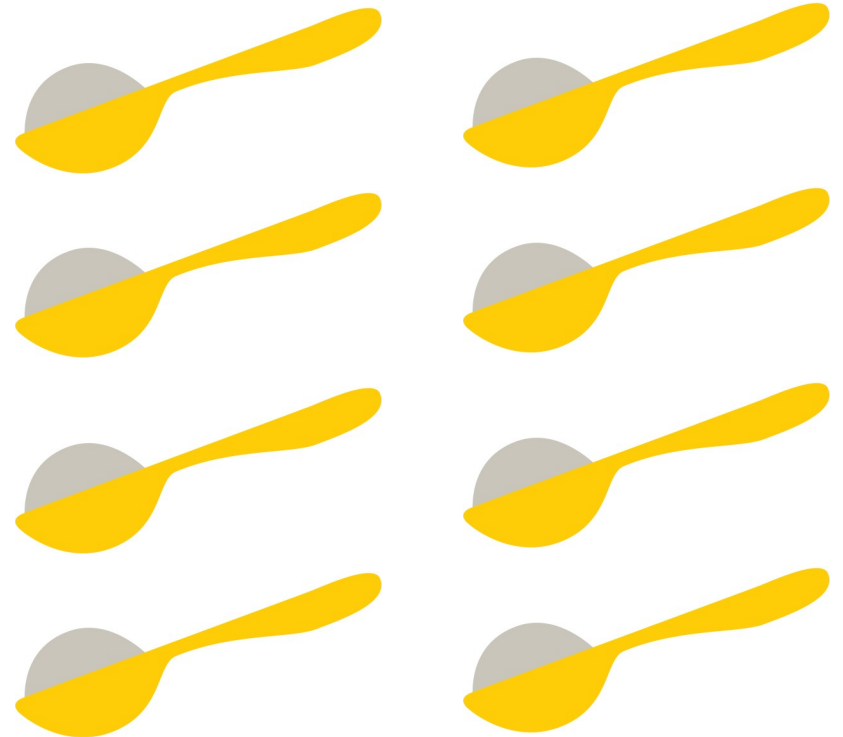
5 teaspoons



Iced tea
500 mL



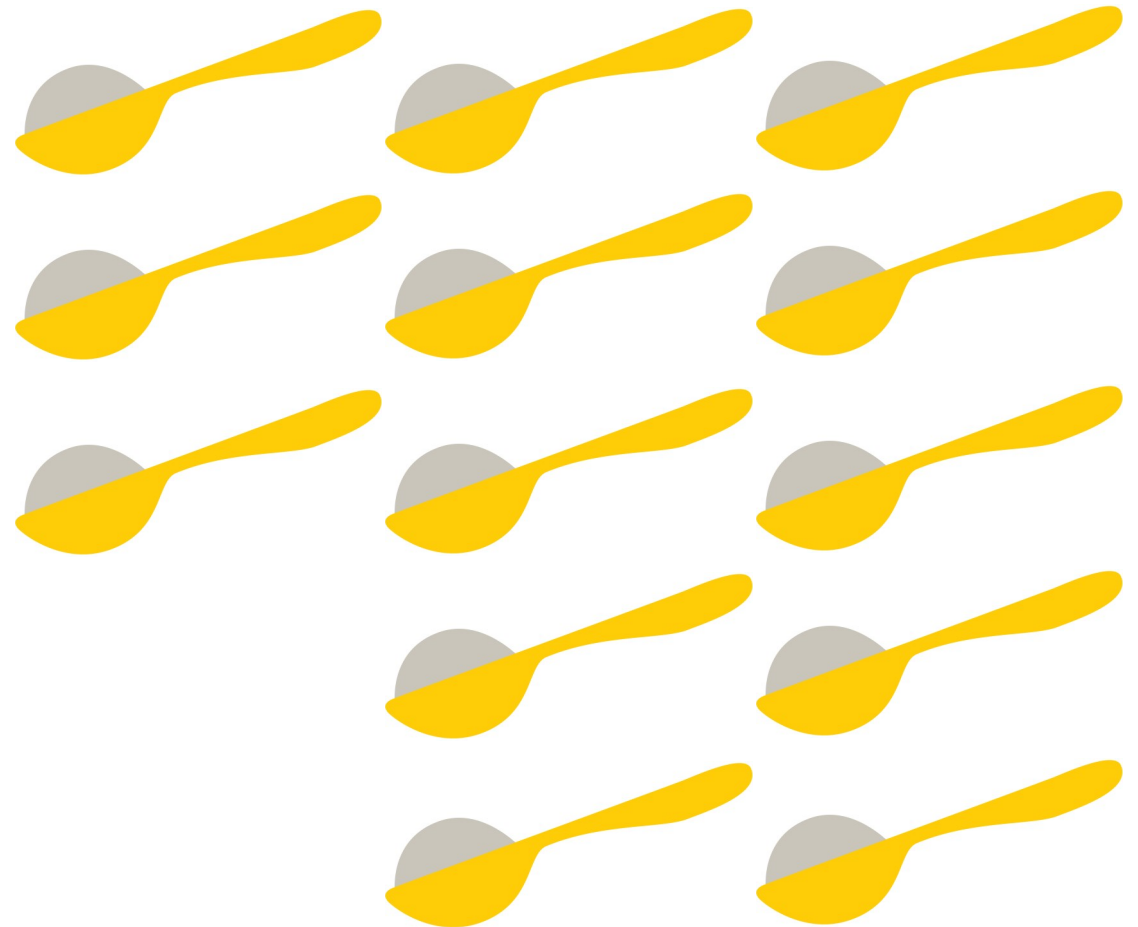
33.5 g sugar
8 teaspoons



Chocolate milk
600 mL



52.8 g sugar
13 teaspoons



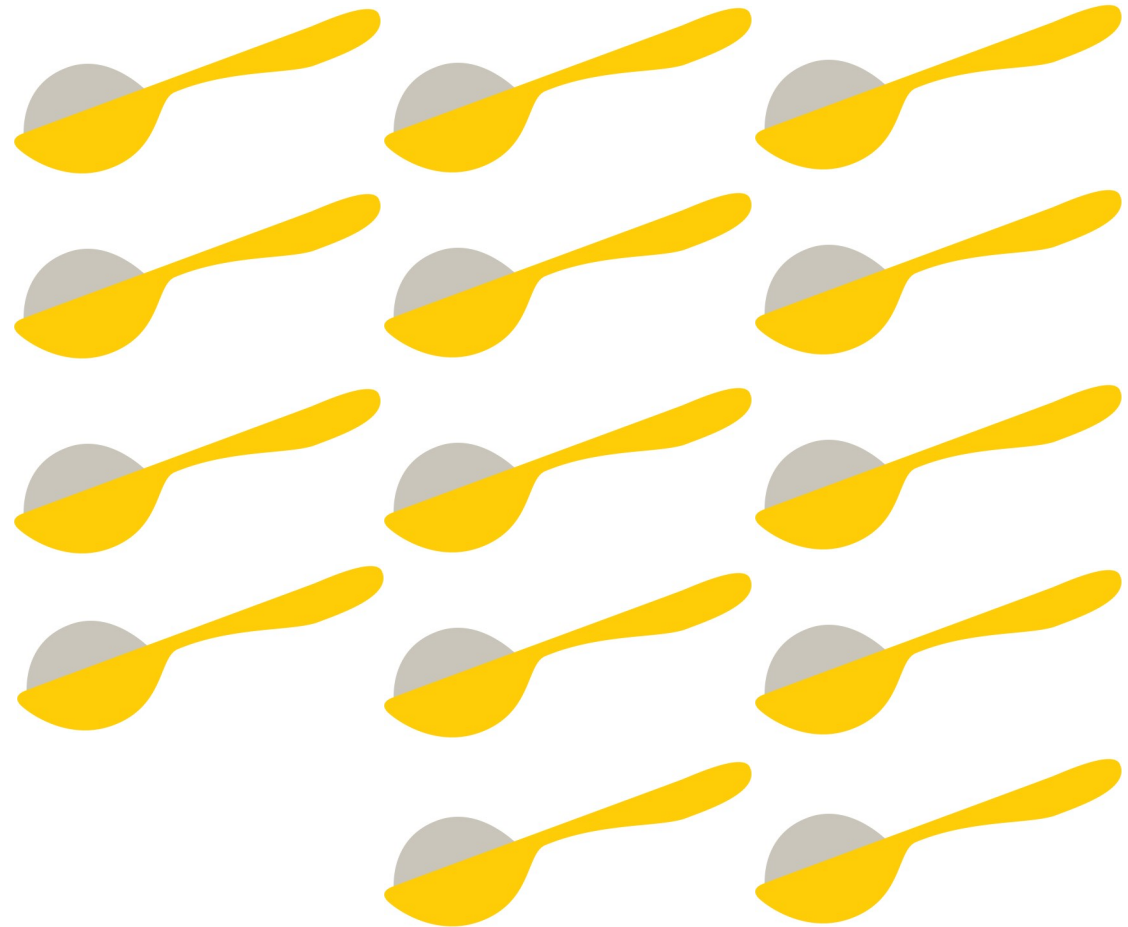
Iced coffee

600 mL



55.2 g sugar

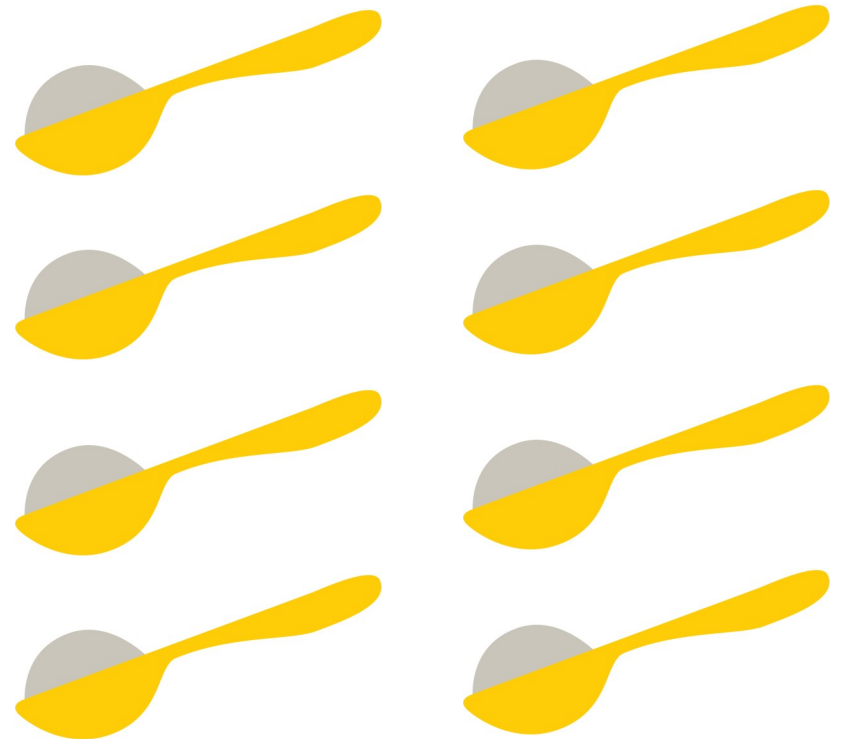
14 teaspoons



Lemonade
375 mL



32.3 g sugar
8 teaspoons



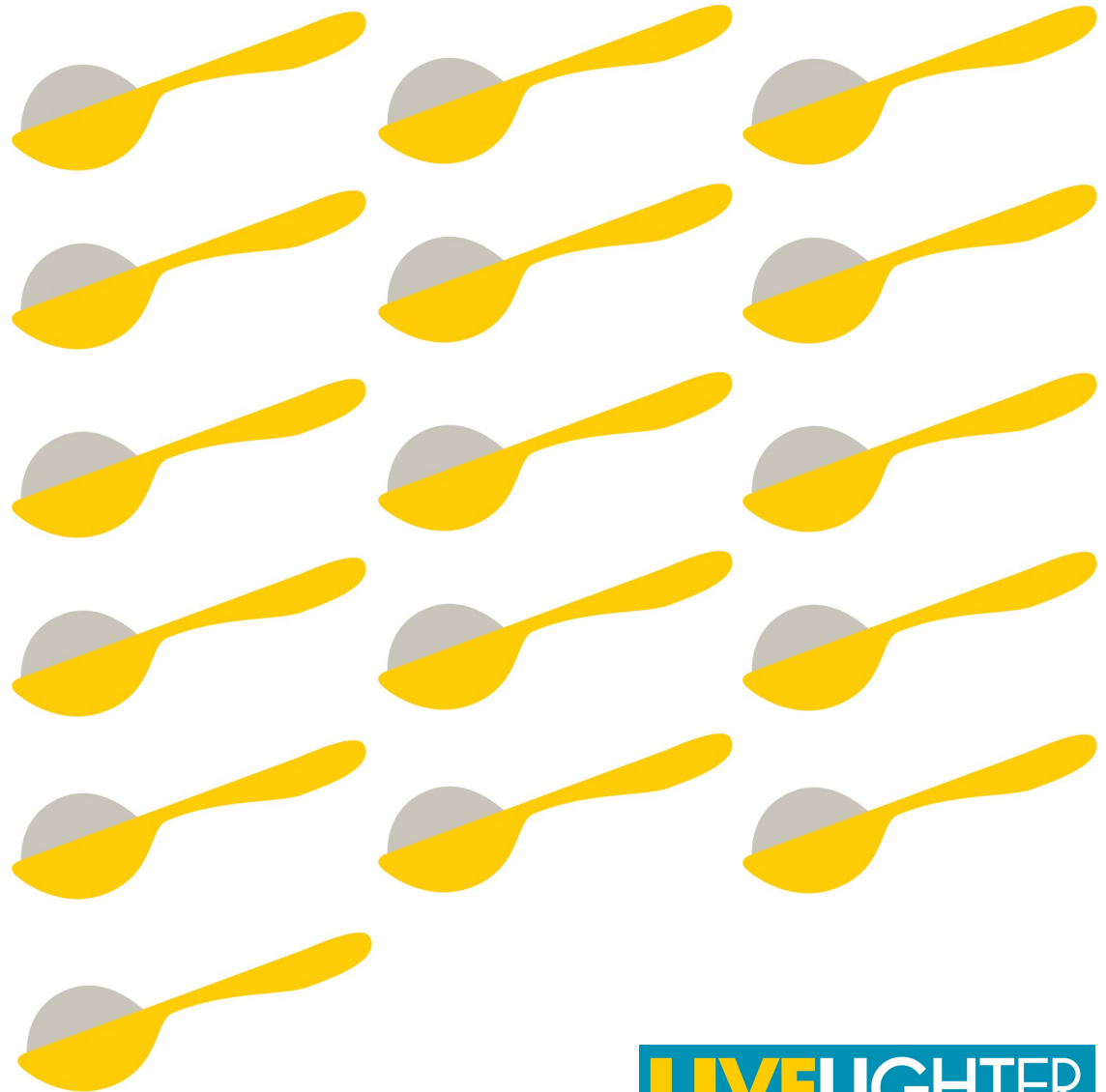
Orange fruit drink

600 mL



65.4 g sugar

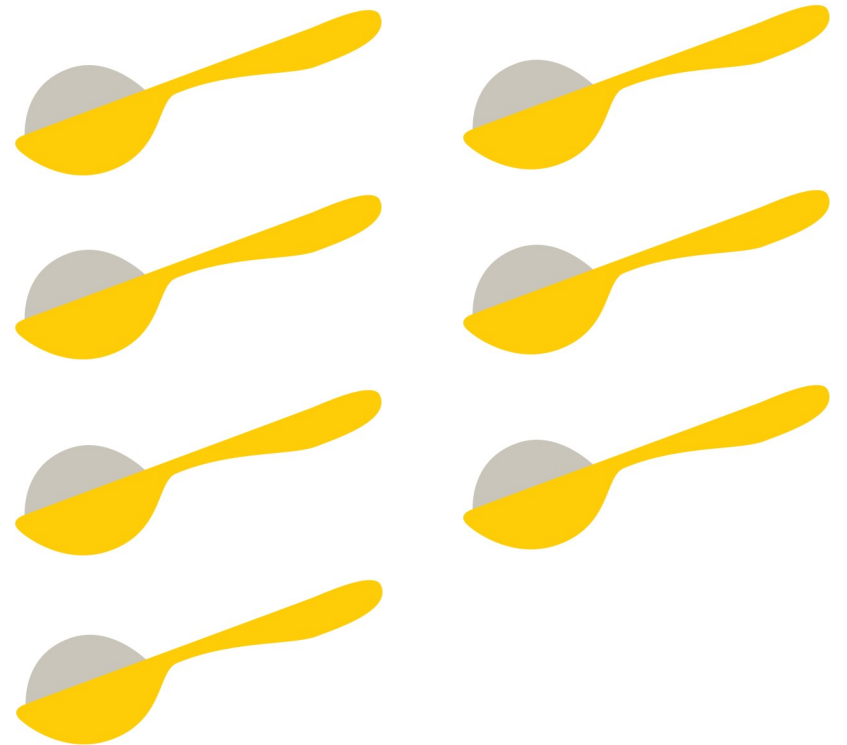
16 teaspoons



Energy drink
250 mL



28.2 g sugar
7 teaspoons



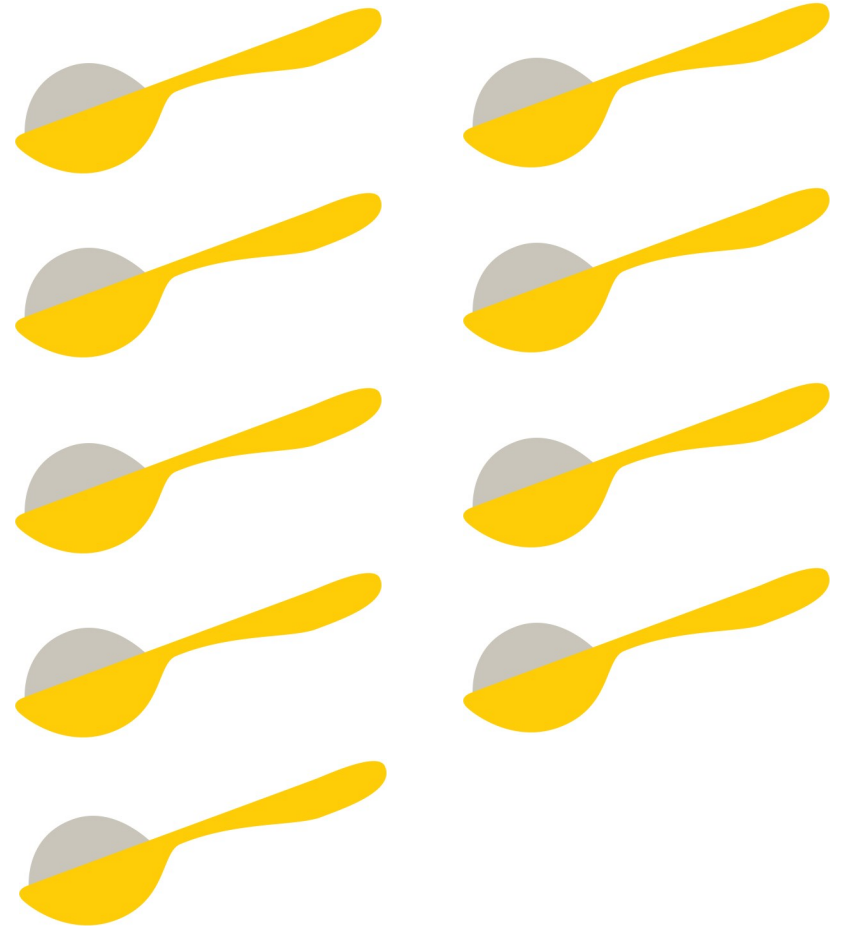
Sports drink

600 mL



36 g sugar

9 teaspoons



Vegetable drink
300 mL



10.5 g sugar
3 teaspoons

