

# PORTION SIZES

**Warning:** Be sure to check the “Servings per Container” on product labels!



Product info from the Mountain Dew web site:

[http://www.mountaindew.com/about\\_dew/product\\_info/md.php](http://www.mountaindew.com/about_dew/product_info/md.php)

Regular (8 fl. oz)

Contains: Carbonated water, high fructose corn syrup, concentrated orange juice and other natural flavors, citric acid, sodium benzoate (preserves freshness), caffeine, sodium citrate, gum arabic, erythorbic acid (preserves freshness), calcium disodium EDTA (to protect flavor) and brominated vegetable oil, yellow 5.

Calories (kcal) 110

Total Fats (g) 0

Sodium (mg) 50

Potassium (mg) 0

Total Carbohydrates (g) 31

Sugars (g) 31

Protein (g) 0

Caffeine (mg) 37



## Nutrition Facts

Serving Size 1 large, 32 fl oz 712g (712g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 310      Calories from Fat 0

### % Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 30mg      1%

**Total Carbohydrate** 85g      28%

Dietary Fiber 0g      0%

Sugars 85g

**Protein** 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

NutritionData.com

## Mindful questions to raise and some facts:

1. Do people normally drink just 8 ounces of this product when they drink it?
2. Is an 8 ounce portion even available to purchase?
3. What is the usual portion size consumed?
4. If a 32 ounce portion of Mountain Dew was consumed, it would contain the equivalent of thirty one (31) teaspoons of sugar.

## Things to notice:

1. This portion (32 ounces) is frequently consumed by customers.
2. There is the equivalent of 21.25 teaspoons of sugar in this one portion of beverage.
3. Drinking the same portion of water and eating five pieces of fruit would give you the equivalent amount of calories and 100% more nutrients.

**NOTICE THE FACTS. MAKE INFORMED NUTRITION CHOICES!**