

# Super-sized sodas

6 oz  
60 calories



12 oz  
110 calories



32 oz  
310 calories



# Sugar Adds Up!

21 teaspoons of sugar  
in 32 oz cup

7 teaspoons of sugar  
In 12 oz can

3.5 teaspoons of sugar  
In a 6 oz can



# Super-sized bagels



3 inch diameter  
140 calories



6 inch diameter  
350 calories

# Nutrition Facts

Serving Size 1 ounce Servings in bag 4

## Amount Per Serving

Calories 155 Calories from Fat 93

% Daily Value\*

Total Fat 11g 16%

Saturated Fat 3g 15%

Trans Fat

Cholesterol 0mg 0%

Sodium 148mg 6%

Total Carbohydrate 14g 5%

Dietary Fiber 1g 5%

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 9%

Calcium 1% • Iron 3%

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



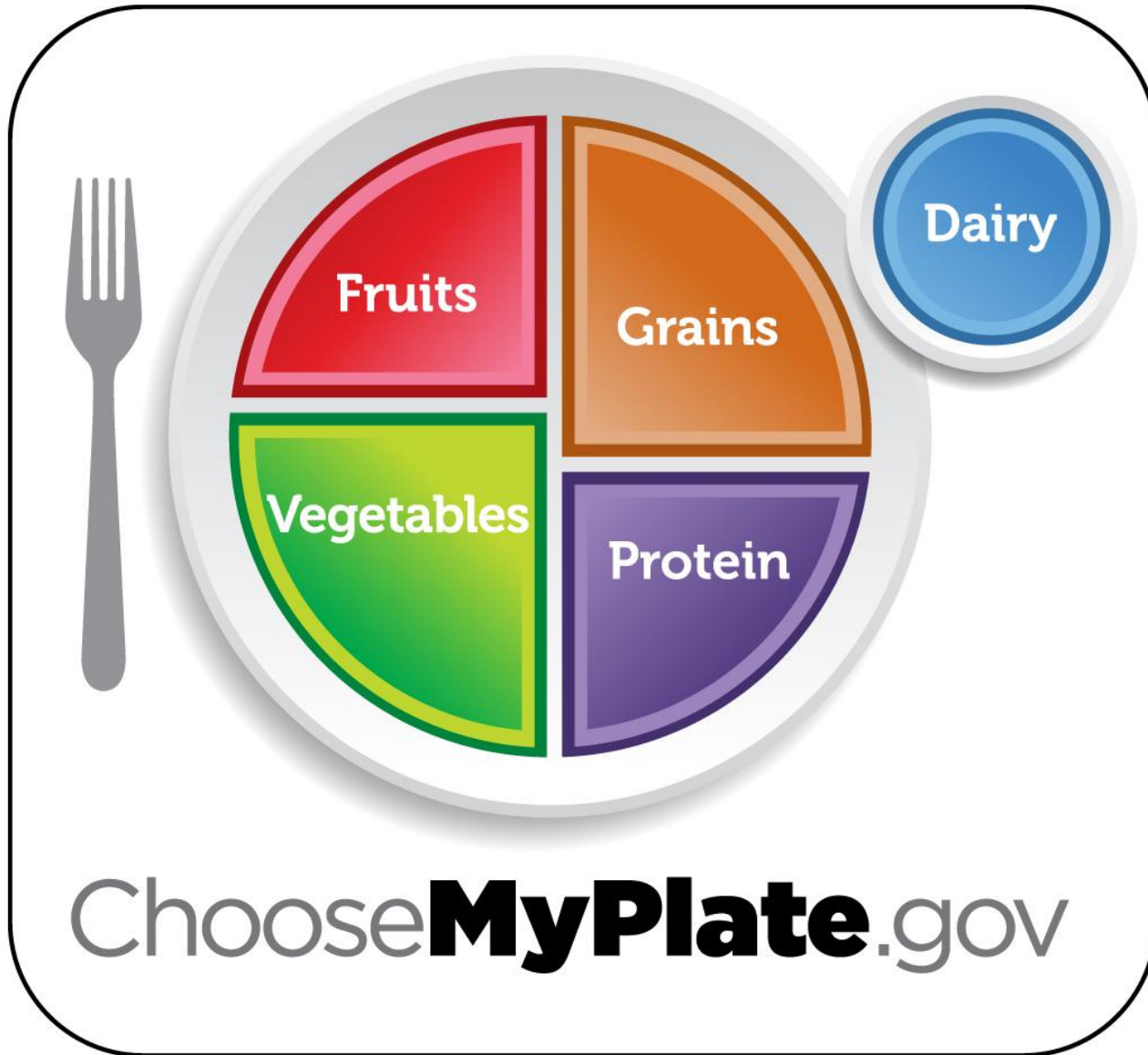
4 servings in one bag!

If you eat the entire bag, you need to multiply the nutrition information by 4!

620 calories

44 grams of fat

<http://hp2010.nhlbihin.net/portion/>



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