

Name: _____

Substitute Subtraction

Directions: Read the article “The Sweet Life” (page 8). Then it’s your turn to figure out how artificial sweeteners measure up against products made with sugar. Consider the following example of two 6-ounce yogurts—the diet one uses sugar substitutes, and the other one uses sugar.

1. What is the difference in calories between the two products? _____
2. What would the total difference in calories be if you ate two servings per day? _____
3. Assume that the answer to question 1 represents all the sugar in the full-sugar yogurt. One teaspoon of sugar measures about 16 calories. How many teaspoons of sugar are in the full-sugar yogurt? _____
4. To gain one pound in weight, you have to consume about 3,500 calories more than you burn through exercise and daily living. If you added one of the full-sugar yogurts to your diet every day, how many days would it take for your weight to increase by one pound? _____
5. If you added one of the diet yogurts to your diet every day, how many days would it take for your weight to increase by one pound? _____



Bonus: Now it gets tricky! Calculate the difference in calories between the two types of yogurt if a person eats one full-sugar serving every day for a year. _____

Divide that amount by 3,500 for the difference in pounds that person could gain in a year. _____