

Landscape orientation

<p>Title</p> <p>Subtitle</p> <p><u>DRINK NAME</u></p> <p>Serving size:</p> <p>Calories:</p> <p>Sugar: gram = teaspoon</p>
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Title and translation

The Sugar Poem

চিনির কবিতা

How much sugar I take

আমি কত চিনি খাই,

is uncalculated.

তার হিসাব তো নাই।

To control my diabetes,

ডায়াবেটিস করতে নিয়ন্ত্রণ,

I must know the amount.

জানা বড়ই প্রয়োজন।

After playing this game,

এই খেলা খেলে,

I found my answers.

উত্তর গেল মিলে।

Drink 1:

COCA-COLA

Serving size: 1 can

Calories: 140

Sugar: 39 grams = 9 ½ teaspoons

Drink 2:

GINGER ALE (Canada Dry)

Serving size: 1 can

Calories: 140

Sugar: 35 grams = 8 teaspoons

Drink 3:

TROPICANA CRANBERRY JUICE

Serving size: 10 fl oz bottle

Calories: 170

Sugar: 37 grams = 9 teaspoons

Drink 4:

ORANGE SODA (Crush)

Serving size: 1 can

Calories: 190

Sugar: 50 grams = 12 teaspoons

Drink 5:

TROPICANA ORANGE JUICE

Serving size: 8 fl oz carton

Calories: 110

Sugar: 22 grams = 5 teaspoons

Drink 6:

MANGO DRINK

Serving size: 8.5 fl oz bottle

Calories: 140

Sugar: 32 grams = 8 teaspoons

Drink 7:

RED BULL

Serving size: 8.4 fl oz can

Calories: 110

Sugar: 27 grams = 7 teaspoons