Title: Percent Sugar Lab

Purpose: To determine the percent of sugar in soda, produce, or other grocery product.

Procedure: You may use the nutrition facts from actual items in your kitchen or grocery store or use the website http://nutritiondata.self.com/ (enter the food into the search box in the upper right hand corner).

1. Choose 3 drinks, 3 fruits or vegetables, and 4 other food products of your choice. If you have these items in your kitchen, or have access to their nutrition facts through a grocery store, collect the data. If you do not have access to the nutrition facts, use the website above.
Record the 10 items in the data table below.
2. Record the mass of 1 serving size of each item in the data table below.
3. Record the mass of sugar in 1 serving size of each item in the data table below.

Data:

Grocery Item	Mass (g) of 1 serving	Mass of sugar (g) in 1 serving	% Sugar
drink			
drink			
drink			
fruit/vegetable			
fruit/vegetable			
fruit/vegetable			
other			
other			
other			
other			

Calculations:

1. Calculate the percent composition of sugar in each substance. Use the formula below.
% sugar = (mass of sugar / mass of 1 serving) x 100 %
Record the value in the data table.
Be sure to show your work.

2. Create a bar graph and compare the percent of sugar in each substance. You may use Graphical Analysis, Create A Graph (http://nces.ed.gov/nceskids/createagraph/), or Excel. Include your graph as part of your lab report.

Analysis:

1. What has the highest percentage of sugar?

2. Does any category consistently have the most sugar?

3. Do you notice any correlation between % sugar and natural foods vs. processed foods?

4. Do you think more data is necessary when making health conscious choices, or is it enough to look at % sugar alone?