 **Own the Podium**

 Energy Spikers & Zappers

Too much sugar zaps our energy. Just the right amount can be very beneficial in spiking our energy. Just ask the pros….!

In this challenge, indicate the order of food labels from **least to most grams of sugar**. 1 = least, 4 = most.

\_\_\_\_ Can of Coke

\_\_\_\_ Bottle of Fruitopia

\_\_\_\_ Bottle of Tropicana 100% Pure Orange Juice

\_\_\_\_ 500 ml Carton of 2% White Milk