

# How much sugar is in your drink?



**Sugar Grams ÷ 4 = Teaspoons of Sugar**

**Sugars 60g ÷ 4 = 15 teaspoons**

## Soda Nutrition Facts

Serving Size 1 bottle - 20 fl oz (591mL)

### Amount Per Serving

Calorie \_\_\_\_\_ Fat 0

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Total Fat 0g \_\_\_\_\_ 0%

Sodium 25mg \_\_\_\_\_ 1%

Total Carbohydrate 63g \_\_\_\_\_ 20%

**Sugars 60g**

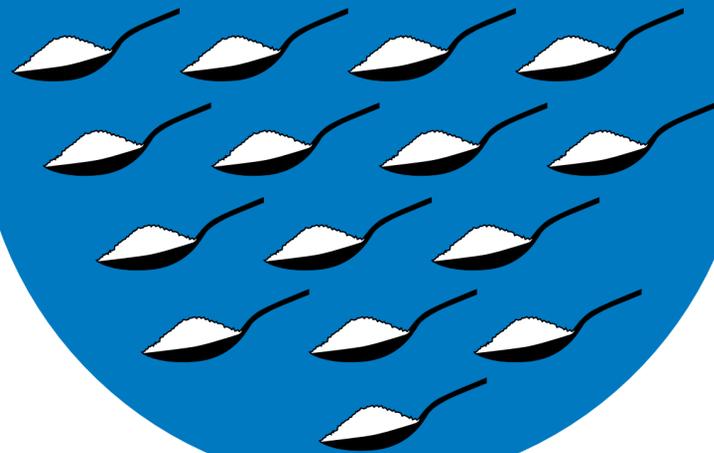
Protein 0g

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.

**15**  
teaspoons of sugar



The 2015-2020 *Dietary Guidelines for Americans* recommend limiting calories from added sugars to no more than 10% each day. That's 200 calories, or about 12 teaspoons, for a 2,000 calorie diet.

**Choose health. Drink water.**



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-E, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net).