Sugar - it all adds up!

How many teaspoons of added sugar are in popular drinks?

- 20 oz. Soda ≈ 15 teaspoons
- 20 oz. Sports Drink ≈ 9 teaspoons
- 16 oz. Energy Drink ≈ 15 teaspoons
- 20 oz. Sweetened Tea ≈ 14 teaspoons
- 20 oz. Vitamin-added Water ≈ 8 teaspoons
- 20 oz. Water = 0

How Much Sugar is Too Much Sugar?

For the whole day, in everything you eat and drink, you shouldn’t have more than 100% of the Daily Value for added sugar.

- That's no more than 50 grams* of added sugar.
- Use the Nutrition Facts label to track your intake.

*Most women and children should eat less sugar due to lower daily calorie needs.