Choose Health and Drink Water

How many teaspoons of added sugar do these popular drinks contain? Sugar—It all adds up!

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

Can’t find the drink you’re looking for?

Read the Nutrition Facts label. The number of teaspoons (tsp) of sugar is equal to:

- The grams (g) of sugar divided by 4
- Then multiplied by the servings per container

Sugar Calculation Example:

• Grams of Sugar ÷ 4 = tsp of Sugar

  60g ÷ 4 = 15 tsp

• tsp of Sugar x Servings per Container = Total tsp of Sugar per Container

  15 tsp x 1 Serving = 15 Total tsp of Sugar

Soda Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>1 bottle</th>
<th>20 fl oz (591 mL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>258</td>
<td>Calories from Fat 0</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>25mg</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>63g</td>
<td>20%</td>
</tr>
<tr>
<td>Sugars</td>
<td>60g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>0g</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your Daily Values (DV) may be higher or lower depending on your calorie needs.*
WHAT'S IN YOUR DRINK?
Read the ingredients label to find the following added sugars:

High-Fructose Corn Syrup
Fruit Juice Concentrates
Corn Sweetener
Maltose
Corn Syrup
Malt Syrup Dextrose
Molasses
Glucose
Raw Sugar
Honey
Sucrose
Invert Sugar
Lactose
Syrup

ORANGE & BLUEBERRY WATER

Mix 1 sliced orange and 20 blueberries with water in a 2-quart pitcher. Chill for at least 20 minutes. Drink within 24-hours.

CHOOSE

Water
Low fat (1%) or fat-free milk
100% fruit juice (in limited amounts)
100% vegetable juice