

## 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  $\div$  4 = tsp of Sugar  
**60g  $\div$  4 = 15 tsp**
- tsp of Sugar  $\times$  Servings per Container = Total tsp of Sugar per Container  
**15 tsp  $\times$  1 Serving = 15 Total tsp of Sugar**

Soda Nutrition Facts	
Serving Size	1 bottle
Servings Per Container	20 fl oz (591 mL)
Amount Per Serving	
Calories 258	Calories from Fat 0
% Daily Value*	
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. Your Daily Values (DV) may be higher or lower depending on your calorie needs.	

Store in refrigerator and  
drink within 24-hours.

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Visit:  
[CAChampionsforChange.net](http://CAChampionsforChange.net)  
to get healthy tips.



## 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

Added Sugar = Added Calories

## ORANGE & BLUEBERRY WATER

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

Drink within 24-hours.



rethink  
YOUR DRINK

## CHOOSE

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Water

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Low fat (1%) or  
fat-free milk

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100% fruit juice  
(in limited amounts)

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100% vegetable juice