

# How Much Sugar Do You Drink?

Consider how frequently you or your kids enjoy these, and similar, drinks. They provide loads of sugar and little if any nutrition.

## Common Drink Choices

DRINK	SIZE	TOTAL CALORIES	SUGAR GRAMS	TEASPOONS SUGAR
ARIZONA® GREEN TEA & HONEY	20 oz	210cal	51 g	12
COCA-COLA® CLASSIC	20 oz	250 cal	65 g	15
DOLE® 100% APPLE JUICE	15.2 oz	220 cal	48 g	11
DUNKIN' DONUTS STRAWBERRY FRUIT COOLATA®	16 oz	290 cal	65 g	15
GATORADE®	20 oz	130 cal	34 g	8
GLACEAU VITAMIN WATER®	20 oz	125 cal	32.5 g	8
MONSTER ENERGY® DRINK	16 oz	200 cal	54 g	13
MOUNTAIN DEW®	20 oz	275 cal	78 g	18
POLAND SPRING® WATER	20 oz	0 cal	0 g	0
SPRITE	20 oz	250 cal	65 g	15
STARBUCKS BOTTLED FRAPPUCCINO	9.5 oz	200 cal	32 g	8

### TIPS TO MAKE CUTTING BACK ON SUGARY DRINKS EASIER:

- Cut back slowly.
- Don't replace soda with other sugary drinks, such as juice and sports drinks.
- Remember, water is the best drink when you are thirsty.
- Make water and milk the primary drinks of choice at your home.
- Buy fewer and fewer sugary drinks each week until you no longer buy any!