

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 | SUGAR TSP. |
|--|-------------|----------------|-------------|------------|
| Arizona® Green Tea & Honey | 20 oz | 175 cal | 43 g | 10 |
| Coca-Cola® Classic | 20 oz | 240 cal | 65 g | 15 |
| Minute Maid® 100% Apple Juice | 15.2 oz | 210 cal | 49 g | 11 |
| Dunkin' Donuts Strawberry Fruit Coolata® | 16 oz (sml) | 230 cal | 57 g | 14 |
| Gatorade Thirst Quencher® | 20 oz | 133 cal | 35 g | 8 |
| Glaceau Vitamin Water® | 20 oz | 120 cal | 32 g | 8 |
| Monster Energy® Drink | 16 oz | 200 cal | 54 g | 13 |
| Mountain Dew® | 20 oz | 290 cal | 77 g | 18 |
| Sprite® | 20 oz | 240 cal | 64 g | 15 |
| Starbucks Bottled Frappuccino® | 9.5 oz | 200 cal | 32 g | 8 |
| Water | ANY SIZE! | 0 cal | 0 g | 0 |

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!