Do you know how much sugar you drink?

We often do not think about how much sugar we get from what we drink. Sugary drinks don't fill us up as quickly as food does, so it's easy to take in more than we need.

Quick Tips

- Give water a try!
- Try sparkling water with natural flavors
- Try unflavored seltzer water with a slice of lemon and a splash of 100% fruit juice
- Try unsweetened iced tea with lemon slices
- Try drinking your coffee black or with a little milk
- Try a small, unflavored café latte

On some days, sugary drinks are hard to avoid. Here are some tips to help you:

- Look closely at the serving size and choose an 8 oz can over a 20 oz bottle. Many sugary drinks are more than one serving!
- Don't go for free refills at restaurants
- Water down soda and juices with seltzer water

Added sugar can go by many different names. Check the label on your drink for these hidden sugars.

- High-fructose corn syrup
- Fruit juice concentrates
- Honey
- Agave
- Cane Sugar
- Any other kind of "syrup" (malt, brown rice, barley, corn, etc.)
- Generally anything that ends in "-ose" (dextrose, lactose, glucose, sucrose, etc.)

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Be a healthy role model by choosing non-sugary drinks. Water is the best choice! Check out the list below to see how much sugar you might be drinking:

DRINK	SIZE	CALORIES TOTAL	SUGAR GRAMS	SUGAR TEASPOONS
Frozen Caramel Coffee Coolatta with Cream	24 oz. medium	740	97	23
Coca-Cola® Classic	20 oz. bottle	240	65	15
Pepsi®	20 oz. bottle	250	69	16
Mountain Dew®	20 oz. bottle	290	77	18
Rockstar Energy Drink	16 oz. can	248	62	15
Minute Maid® Orange Juice	16 oz. bottle	220	48	11
Powerade™	20 oz. bottle	125	35	8
Glaceau Vitamin Water®	20 oz. bottle	125	32.5	8
Starbucks Bottle Frappuccino®	9.5 oz. bottle	200	32	8
Polar Seltzer® 100% Natural Seltzer Water (all flavors)	Any Size	0	0	0
Water	Any Size	0	0	0

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