



Sugary drinks make up nearly **HALF** of the added sugars in the American diet.

*That's bad news for teeth and increases obesity.*

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# What's in Your Drink?

*...more sugar than you might think. Check the label.*

Nutrition Facts	
Serving Size 1 can	
Servings Per Container 1	
Amount Per Serving	
Calories 140	
% Daily Values*	
Total Fat 0 g	0%
Sodium 45 mg	2%
Total Carbohydrate 39 g	13%
<b>Sugars 39 g</b>	
Protein 0 g	

Regular Soda • 12 oz.  
10 tsp. sugar (39g)

1 teaspoon =  
4 grams of sugar

Choose water  
for thirst.

Coffee Drink • 16 oz.  
17 tsp. sugar (66g)

100% Apple Juice • 15 oz.  
12 tsp. sugar (49g)

Citrus Punch • 16 oz.  
7 tsp. sugar (28g)

Sports Drink • 20 oz.  
9 tsp. sugar (34g)

Energy Drink • 8 oz.  
7 tsp. sugar (27g)

Water =  
NO sugar



Recommended maximum DAILY intake of added sugar:  
Kids/Teens age 2 -18 = 6 teaspoons  
Men = 9 teaspoons • Women = 6 teaspoons