

How Much Sugar Do You Drink?

Consider how frequently you or your child enjoy these beverages and what nutrition, if any, they get from it.

Common Drink Choices				
Drink	Size	Total Calories	Sugar Grams	Teaspoons Sugar
Arizona® Green Tea & Honey	20 oz	210 cal	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 sugar-sweetened beverages, such as juice and sports drinks
- Remember, water is the best drink when you are thirsty
- Make low fat milk and water the drink of choice