

# How Much Added Sugars are in Your Drink?

Unhealthy Drink Choices	Name of Drink	Ounces	Teaspoons of Sugar
	Capri-Sun (Fruit Punch) <sup>®</sup>	6.75	5
	Coca Cola <sup>®</sup>	12	10
	Fanta <sup>®</sup>	12	10
	Hi-C Fruit Punch <sup>®</sup>	8	7
	Jarritos <sup>®</sup>	8	7
	Kerns <sup>®</sup>	12	10
	Kool-Aid Jammers <sup>®</sup>	6.75	5
	Monster <sup>®</sup>		10
	Mountain Dew <sup>®</sup>	12	10
Nesquik Chocolate Milk <sup>®</sup>	16	13	
Ocean Spray Cranberry Juice <sup>®</sup>	8	7	
Pepsi <sup>®</sup>	12	10	
Red Bull <sup>®</sup>	8.5	7	
Rockstar <sup>®</sup>	16	13	
Slurpee <sup>®</sup>	8	5	
Sprite <sup>®</sup>	12	10	
Sunny Delight <sup>®</sup>	8	5	
100% Apple Juice *	8	5	



The American Heart Association (AHA) suggests the added sugar intake below:

**Women: No more than 6 teaspoons/day**

**Men: No more than 9 teaspoons/day**

**Less for children.**

NOTE: The above suggestion is for all foods and drinks consumed in a 24 hour period.

\*From Natural fruit sugars, drink in moderation

NOTE: Added sugars are sugars and syrups that are added to foods and drinks when they are made. Some names for added sugars on food labels include: corn syrup, dextrose, fructose, brown sugar, honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, nectars, sucrose, white granulated sugar, and anhydrous dextrose.

# How Much Added Sugars are in Your Drink?

Healthier and reduced sugar drink choices

Name of Drink	Ounces	Teaspoons of Sugar
Water	8	
Non-Fat Milk*	8	🥄🥄🥄
Low-Fat Milk*	8	🥄🥄🥄
Almond Milk	8	🥄
Crystal Light®	8	
Diet Soda	8	
Fuze Slenderize (Low Calorie)®	16	
Gatorade®	8	🥄🥄🥄
Naked Juice and Smoothies®**	8	4-7 teaspoons
Non-Sweetened Iced Tea	8	
Perrier Carbonated Water®	8	
Powerade®	8	🥄🥄🥄
Soy Milk	8	🥄
Vitamin Water®	8	🥄🥄🥄



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\*Natural milk sugar

\*\*From natural fruits sugars. Drink in moderation

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