

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 (sm)	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



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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!

This resource is adapted from Let's Go! materials. www.letsgo.org.