Read the label

Nutrition Facts

Serving Size 20-oz. bottle

Amount Per Serving

Calories 240

	% Daily Value*
Total Fat 0g	0%
Sodium 75mg	3%
Total Carb 65g	24%
Sugars 65g	
Protein 0g	

Not a significant source of fat cal., sat. fat, trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE

Sugar goes by many names on nutrition labels. Look out for:

Sugar
High fructose corn syrup
Corn sweetener/Corn syrup
Dextrose
Fruit juice concentrates
Glucose
Honey
Invert sugar
Molasses
Sucrose
Cane syrup/Cane sugar

Sip tips

- Choose water or milk.
- Make it easy to hydrate on the go! Stock the fridge with a jug of cold water and keep a reusable water bottle handy. Bottled water works, too!
- For a once-in-awhile treat:
  - Add zest to your water by adding a fresh fruit slice or cucumber slices and fresh mint.
  - Freeze 100 percent fruit juice in an ice cube tray, and then add one frozen cube to a glass of water.
  - Add a small splash of 100 percent fruit juice to plain water.
- Reduce the number and portion size of sugary drinks—drink only once in a while, 8 ounces or less.

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rethink YOUR DRINK

choose water



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Let's not sugarcoat it!

Sugary drinks are beverages with added sugar.

- A typical 20-ounce soda pop or juice/fruit drink contains 15–18 tsp. of sugar—as much as in three chocolate candy bars!

Sugary drinks are bad for your teeth.

- Drinking soda pop nearly doubles the risk of cavities in children. Further, the sugar in sugary drinks feeds the bacteria that produces acid, which attacks and dissolves tooth enamel.

Sugary drinks increase the risk of developing type 2 diabetes.

- People who drink one or two cans of pop a day have a 26 percent greater risk of developing type 2 diabetes.

Added sugar can contribute to higher blood pressure.

- Studies have shown that people who drink one or more sugary beverages per day have a 12% higher risk of high blood pressure than people who drink none.*

It's not just sugar! Acid in sugary beverages can harm teeth.

- Many types of soda pop (including diet), sports drinks, energy drinks, fruit juices and fruit drinks contain high levels of acid, which can damage the enamel of your teeth and lead to decay.

Sources: https://academic.oup.com/ajcn/article/102/4/914/4564590

Check the serving size*

Four grams of sugar is equal to one teaspoon!





Water
0 tsp. (0g)



6-ounce Juice Pouch
5 tsp. (20g)



6.75-ounce Apple Juice
6 tsp. (24g)



8.3-ounce Energy Drink
7 tsp. (27g)



20-ounce Sports Drink
8 tsp. (34g)



14-ounce Chocolate Milk
11 tsp. (45g)



20-ounce Cola
16 tsp. (65g)



20-ounce Citrus Soda
19 tsp. (77g)

Please note: All of these numbers are guidelines based on averages and are not tailored to individual health needs. Please contact your physician for guidance about how consumption of added sugar may affect you, particularly if you or a family member have any pre-existing health conditions.

How much added sugar is too much?

Here are the recommended daily limits:



Newborns and Infants
0 tsp. (0g)



Toddlers and Preschoolers
3–4 tsp. (12–16g)



Children Ages 4–8
4–5 tsp. (17–20g)



Pre-teens and Teenagers
5–8 tsp. (20–32g)



Adults
6–9 tsp. (24g–36g)

Limit juice—EAT your fruit!

Despite having more nutrients and containing only natural (not added) sugar, 100 percent fruit juice typically contains as much sugar and calories as soda pop.

