

Rethink Your Drink...

Sugar-sweetened drinks are one of the biggest sources of sugar.

Eating or drinking too much added sugar can lead to tooth decay, weight gain, diabetes, and heart disease.

Talk to your medical provider today about your daily sugar habits!

How much sugar does your favorite drink contain?

20 oz Water
0 g sugar =
0 teaspoons

20 oz Pepsi
69 g sugar =
17.25 teaspoons

16.9 oz Dr Pepper
54 g sugar =
13.5 teaspoons

18.5 oz Tea
42 g sugar =
10.5 teaspoons

11.5 oz Lemonade
40 g sugar =
10 teaspoons

Your maximum added sugar intake should be 12 teaspoons or 48 grams per day,
The same amount of sugar that is in about one bottle of soda or juice!

*Was your favorite not listed? To calculate the sugar in your favorite drink, look at the nutrition label. Every 4 grams of sugar = 1 tsp of sugar
(ex: 36 grams of sugar ÷ 4 = 9 teaspoons of sugar)