

Eat Right For Life

EDUCATIONAL RESOURCE

What Are You Drinking?

Americans now drink an enormous amount of liquid sugar calories that averages to 300 calories a day! That's the equivalent of approximately 18 teaspoons of sugar every day! Check out the sugar content of some of the most popular beverages around:



20-ounce soda
(16.25 teaspoons of sugar)



16-ounce energy drink
(16.25 teaspoons of sugar)



20-ounce flavored water
(8 teaspoons of sugar)



20-ounce lemonade
(17 teaspoons of sugar)



16-ounce coffee beverage
(12 teaspoons of sugar)*



6.75-ounce fruit drink
(4.5 teaspoons of sugar)



The take home message to all of this is to choose beverages wisely. Check the ingredient list for added sugars and make water your beverage of choice most of the time.

***The total sugar content includes added sugar as well as naturally occurring sugar in the milk ingredient.**