



What's in Your Glass?

Sweetened beverages, such as soft drinks (soda pop) and fruit drinks, have sugar added to them. But these drinks contain hardly any nutrients to help children's bodies grow.

Drinks Without Added Sugar

- Water (0 calories)
- Fat-free, unflavored milk (75 calories per 8 oz serving)
- Low-fat, unflavored milk (110 calories per 8 oz serving)

Measuring the Sugar in Sweetened Drinks

Do you know how many teaspoons of sugar have been added to your child's favorite beverages? You can use the Sweetened Drinks chart to find out.

1. For each drink listed, find the number of grams of added sugar.
2. Divide that number by 4.
3. This is the number of teaspoons of sugar in the drink.

For example, there are 40 grams of added sugar in a 12-oz can of soda. Therefore, there are 10 teaspoons of sugar in a can of soda ($40 \div 4 = 10$).

Sweetened Drinks

Type of Sweetened Beverage	Calories	Grams of Added Sugar	Teaspoons of Added Sugar
Can of soda (12oz)	150	40	10
Soft drink, small (22oz.)	260	65	16
Soft drink, medium (32oz)	380	100	25
Soft drink, large (44oz)	525	135	34
10% juice drink box (6.75oz)	100	23	6
Lemonade, bottled (20oz)	205	55	14
Sweetened iced tea (20oz)	220	50	13
Sport drink (20oz)	125	35	9
Chocolate low-fat milk (8oz)	155	16	4