

How Does Your Drink Measure Up?

How many teaspoons of sugar does your favorite drink contain?

4 grams of sugar = 1 teaspoon of sugar



Red Bull, an energy drink = 6 teaspoons



Vitamin Water, a flavored water = 8 teaspoons



Gatorade, a sports drink = 9 teaspoons



SoBe, a fruit drink = 18 teaspoons



Mountain Dew - Code Red = 19 teaspoons



Developed By:

CANFIT

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**Kool Aid - 12 oz glass , a fruit drink
= 10 teaspoons**



**Strawberry milk tea with tapioca -
16 oz serving = 10 teaspoons**



Snapple, a fruit drink = 12 teaspoons



Sprite = 16 teaspoons



Monster, an energy drink = 17 teaspoons



Jarritos, a fruit drink = 17 teaspoons



What Should I Be Drinking?

How much soda should I drink?



The Dietary Guidelines for Americans (2005) advises that children should substantially reduce added sugar intake. Regular soft drinks account for the greatest percentage of added sugars in the American diet.

What About Diet Sodas?

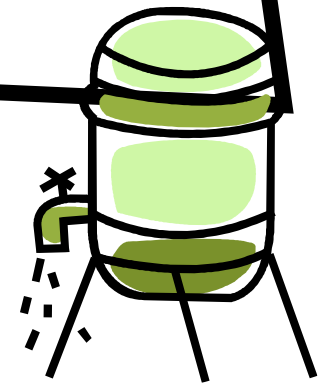
According to the University of Arizona Cooperative Extension, "No artificial sweetener should play a major role in a healthful diet."

Here are Some Drinks That are Better For You:

- ◆ **Water** (add lemon or cucumbers to pep it up)
- ◆ 100% fruit juice with no added sugar
- ◆ Carbonated water mixed with 100% fruit juice
- ◆ Non-fat or 1% low-fat milk
- ◆ Vegetable juice with no added sugar
- ◆ Smoothies
- ◆ Unsweetened teas

Try Our Water Challenge!!

See if you can drink 8 cups of water everyday for one week



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