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
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
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.

**How much soda should I drink?**

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**

**What about diet sodas?**

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

**Try our water challenge!!**

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