



Beverage Sugar Smarts

● Why should I limit my sugar consumption?

Sugar isn't bad but too much of it can lead you to make unhealthy choices. Eating too much sugar can cause weight gain. Excess weight increases your risk for diabetes or heart disease.

● How do I know how much sugar I am consuming?

Find the Nutrition Facts Label on your product to determine the amount of sugar in that product. It will be listed in grams. Take this number and divide by 4 because 4 grams equals 1 teaspoon sugar. Your calculation gives you the amount of teaspoons sugar in that product.

EXAMPLES PRODUCTS	Amount of Sugar	
	Grams	Teaspoons
Coke Cola (20 ounce bottle)	65	16
Starbucks Grande Mocha Frappuccino	48	12
Original Gatorade (20 ounces)	35	9
McDonald's Triple Thick Chocolate Shake (medium)	84	21
Sunny Delight (16 ounces)	60	15
Vitamin Water (20 ounces)	32	8
Wendy's Vanilla Frosty (medium)	57	14
Snapple Lemonade Iced Tea (16 ounces)	54	14

Example:
65 grams
of
sugar \div 4 =
16
teaspoons
of sugar

● How much sugar is too much sugar?

The American Heart Association suggests women consume no more than 100 calories per day (150 for men) of added sugar. That is about 6 teaspoons of sugar for woman and 9 teaspoons for men. Added sugar is sugar, including honey, we add to food/drinks or added to products by manufactures. Added sugars in products go by many names so check the ingredients list. They include: maltodextrin, honey, cane juice, fructose, glucose, honey, sucrose, barley malt, dextrose and high fructose corn syrup.

● How can I limit my beverage sugar intake?

Drink water instead of sugary drinks. You can add a slice of orange, lemon, or cucumber for zero calories. Try sparkling water or club soda for the soda like experience. Add the juice of a fresh orange, peach, watermelon for instant flavor.



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1. Water contains **more** sugar per serving than soda?

True

False

2. To find the number of teaspoons of sugar in a product divide ____ into the number of grams sugar listed on the nutrition facts label.

10000

818

4

52

Name: _____ Phone: _____



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