

Four grams of sugar is equal to one teaspoon.

Check the serving size:

10 tsp sugar 12 OZ. COLA
40 grams

7 tsp sugar 8.3 OZ. ENERGY DRINK
28 grams

8 tsp sugar 20 OZ. SPORTS DRINK
32 grams

16 tsp sugar 20 OZ. CITRUS DRINK
64 grams

11 tsp sugar 14 OZ. CHOCOLATE MILK
45 grams

6 tsp sugar 6.7 OZ. APPLE JUICE
24 grams

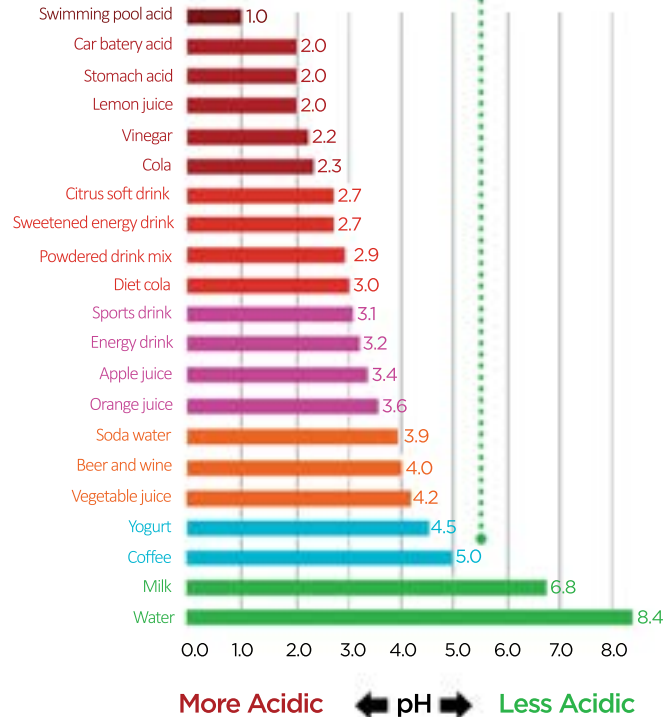
0 tsp sugar WATER
0 grams

LIMIT JUICE, EAT YOUR FRUIT!

Despite having more nutrients and containing only natural (not added) sugar, 100 percent fruit juice typically contains as much sugar and calories as soda pop.

Tooth enamel starts to dissolve at pH less than 5.5

Acidity (pH) of common drinks



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You wouldn't eat 16 packets of sugar. Why would you drink them?

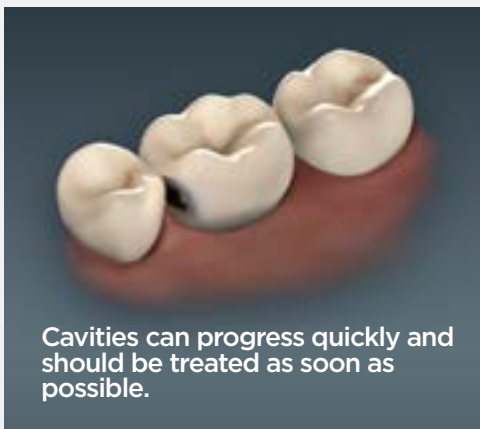




Let's not sugar coat it.



Cavities progress from white spots to dark spots or holes in the tooth surface.



Cavities can progress quickly and should be treated as soon as possible.



Sugar sweetened beverages (SSBs) are beverages with added sugar.

These drinks include soda, juice/fruit drinks, sweetened teas/coffees, flavored waters, chocolate milk, and sports and energy drinks. A typical 20 oz. soda or juice fruit/drink contains 15-18 tsp of sugar - as much as in three chocolate candy bars.



SSBs are bad for your teeth.

Drinking soda nearly doubles the risk of cavities in children. Further, the sugar in SSBs feeds the bacteria that produces acid, which attaches and dissolves tooth enamel.



SSBs increase the chance of becoming overweight or obese.

Drinking an 8 oz. SSB each day for a year is equal to 55,000 calories, or 15 pounds a year.

Drinking one 12 oz. can of soda each day increases a child's chances of becoming obese by 60 percent.



SSBs increase the risk of developing Type 2 diabetes.

People who drink one or two cans of soda a day have a 26 percent greater risk of developing Type 2 diabetes.

How much added sugar is too much?

Recommended daily limits:

Newborn and infants: 0 tsp (0g)

Children to age 8: 3 tsp (12g)

Pre-teens & teenagers: 5-8 tsp (20 - 32g)

Adult Women: 6 tsp (24g)

Adult Men: 9 tsp (36g)

Read the label.

To find out if a drink contains added sugar, look for these words on the nutrition facts portion of the label:

- Sugar
- High fructose corn syrup
- Corn sweetener/corn syrup
- Dextrose
- Fruit juice concentrates
- Glucose
- Honey
- Invert sugar
- Molasses
- Sucrose
- Cane syrup/cane sugar

PLEASE NOTE: All numbers are guidelines based on averages and are not tailored to individual health needs. Please contact your physician for guidance on how consumption of added sugar may affect you, particularly if you or a family member have any pre-existing health conditions. Numbers calculated are approximate. Read the label for most current nutrition facts, as formulations and sizes may change.