

A STUDENT GUIDE TO SUGARY DRINKS

CHOCOLATE MILK



8
teaspoons
of sugar
per 12 oz.

ENERGY DRINKS



9
teaspoons
of sugar
per 12 oz.

SODA POP

10
teaspoons
of sugar
per 12 oz.



SPORTS DRINKS

8
teaspoons
of sugar
per 12 oz.



SWEET TEA

7-10
teaspoons
of sugar
per 12 oz.



COFFEE DRINKS

10-20
teaspoons
of sugar
per 12 oz.



Check Your
Drink:

4 grams of sugar
= 1 teaspoon

**YOU DECIDE!
CHOOSE
WATER**

