

Are you drinking sugar?

Many drinks have a lot more sugar than you may think. Use this handout to learn more about the sugar content in different drinks.

Chart Key:

Size measured in fluid ounces (fl oz)

1 sugar cube = 3 grams (g)

1 gram of sugar = 1/4 teaspoon (tsp)



Simply Apple Juice

Size: 11.5 fl oz

40 g of sugar

10 tsp



Tropicana Orange Juice

Size: 12 fl oz

34 g of sugar

8.5 tsp



Tropicana Cranberry

Size: 12 fl oz

41 g of sugar

10.25 tsp



Red Machine Naked Juice

Size: 15.2 fl oz

48 g of sugar

12 tsp



Gatorade Orange

Size: 28 fl oz

48 g of sugar

12 tsp



Vitamin Water Orange

Size: 20 fl oz

27 g of sugar

6.75 tsp



Capri Sun Fruit Punch

Size: 6 fl oz

13 g of sugar

3.25 tsp



Orange KoolAid (sugar added)

Size: 12 fl oz
38 g of sugar
9.5 tsp



Arizona Iced Tea with Lemon

Size: 20 fl oz
59 g of sugar
14.75 tsp



Snapple Iced Tea with Lemon

Size: 16 fl oz	Size: 32 fl oz
36 g of sugar	73 g of sugar
9 tsp	18.25 tsp



Red Bull Energy Drink

Size: 8.4 fl oz	Size: 12 fl oz
27 g of sugar	38 g of sugar
6.75 tsp	9.5 tsp



Regular Coke (can and bottle)

Size: 12 fl oz	Size: 20 fl oz
39 g of sugar	65 g of sugar
9.75 tsp	16.25 tsp



Schweppes Ginger Ale (can and bottle)

Size: 12 fl oz	Size: 20 fl oz
33 g of sugar	54 g of sugar
8.25 tsp	13.5 tsp



Tips for cutting down on sugary drinks:

- **Drink plenty of water.** Water is naturally sugar-free! If you crave bubbly, try seltzer. If you want flavor in your water, try out the [Strawberry Basil Infused Water](#) recipe in our CHN Eats Cookbook!
- **Choose fat-free or 1% milk** instead of whole milk. Milk is good for your bones and has many nutrients to help keep you healthy.
- **Eat whole fruit** instead of drinking juice. Whole fruit is better for you and has fiber.
- **Avoid sports drinks and energy drinks.** These are high in sugar and often have a lot of caffeine. To stay hydrated, just drink water.
- **Order smaller sizes of sugar-sweetened drinks.** You can reduce how much sugar you consume and save a little money along the way!