

# WHAT IS A SUGARY DRINK?



## MANY CHILDREN'S DRINKS HAVE ADDED SUGAR



Soda may come to mind first, but **children's fruit drinks** also have added sugar



## Sugary fruit drinks can call themselves many things including:

- Juice Drinks
- Juice Blends
- Water Drinks
- Fruit Drinks
- Fruit Flavored Beverages



# CHECK THE NUTRITION FACTS

Even drinks that have "fruit" or "juice" in the name may have:

Little or no fruit juice



Added sugars



High fructose corn syrup, sugar, and cane sugar--all common names for added sugar



# HOW MANY TEASPOONS OF SUGAR IN THESE DRINKS?

Per 6.25 oz serving:

- 11 g sugar
- = 2.75 tsps



Per 8 oz serving:

- 15 g sugar
- = 3.75 tsps

Per 6 oz box:

- 21 g sugar
- = 5 tsps



Per 6 oz pouch:

- 13 g sugar
- = 3 tsps



Children should consume no more than **25 grams (6 tsps)** of added sugars **DAILY!**