

# SUGARY DRINKS: UNDERSTANDING THE NUTRITION FACTS PANEL

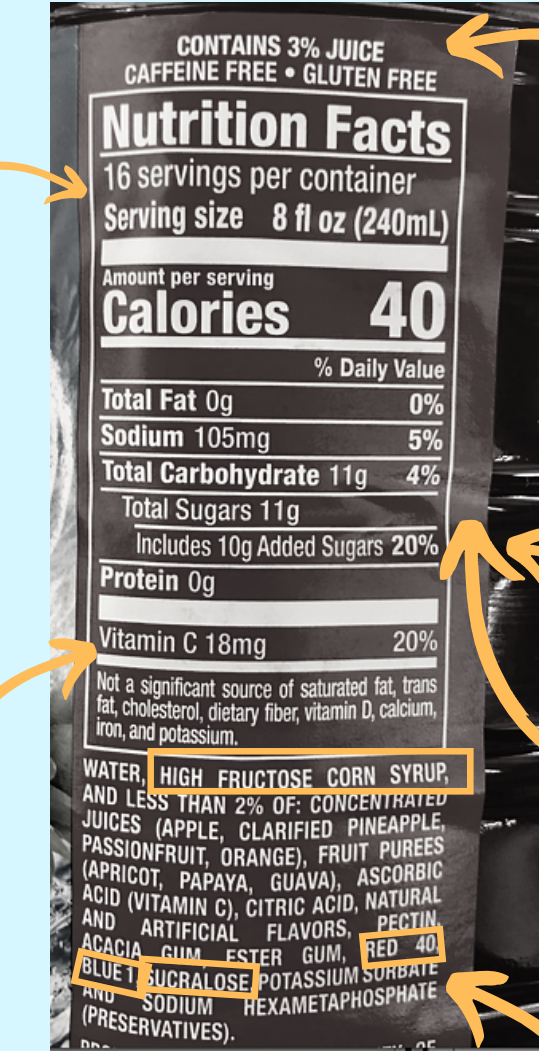
All sugary drinks have a nutrition facts panel. Use this sheet as a guide to help you navigate the information it contains.

**Serving Size and Servings Per Container:**

- Beware of portion distortion! Notice how many servings are in the container. Many bottles contain multiple servings.
- Multiply by the number of servings to determine the total amount in the container.

**Vitamins & Minerals:**

- There is no need for children to get vitamins and minerals from sugary drinks. A normal diet provides plenty of essential vitamins.
- Many sugary drinks have nutrition claims on the packaging like "100% Vitamin C" and "High in Potassium."



**% Juice:**

- The % of juice is listed above the nutrition facts label.
- Sugary drinks typically have little or no actual juice.

**Sugar:**

- The Nutrition Facts label can help you choose drinks that don't have added sugars.
  - Added sugar means that the sugar was added during processing or preparation.
- Total sugars includes natural sugar and added sugar.
- Natural sugar means that the sugar is found naturally in the food or beverage, like the sugar in milk and 100% fruit juice.

**Ingredients Lists:**

- Ingredients are listed in descending order by weight.
- Read the ingredient list to make sure there are no diet sweeteners. Names of common diet sweeteners: Acesulfame Potassium, Stevia, Sucralose, and Neotame.
- Health experts do not recommend serving drinks with diet sweetener to children under 14 years old.

**This drink contains:**

- Added sugars
- Diet sweetener
- Artificial colors