



Re-Think Your Drink



How much sugar does the average American consume in a year?

Almost **100 pounds** a year...which is about **one quarter pound of sugar a day!**

You may wonder how it is possible that people consume this much sugar. We are talking about the **extra sugar** that manufacturers add to food and drinks. Most of the added sugar in our diets comes from sodas and other sweetened beverages. It is time to **re-think your drink!**



Nutrition Facts	
Serving Size 20 fl. oz (591ml)	
Servings Per Container 1	
Amount Per Serving	
Calories	240
% Daily Value *	
Total Fat	0g 0%
Cholesterol	0mg 0%
Sodium	75mg 3%
Total Carbohydrate	65g 22%
Sugars 65g	
Protein	0g
* Percent Daily Values are based on a 2,000 calorie diet.	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.	



How much sugar is in a 20-ounce soda?

Begin by reading the label. There are 65 grams of sugar in this single serving bottle of soda. To calculate the amount of sugar in teaspoons, take the 65 grams and divide by 4. That equals approximately 17 teaspoons.



$$65 \text{ grams} \div 4 \approx 17 \text{ teaspoons}$$

Would you add 17 teaspoons of sugar to a glass of ice tea or lemonade?



Sugar Has Many Disguises!

Sugar comes in many forms. Here are common words for sugar in a food product ingredient list:

- Barley malt
- Brown sugar
- Cane juice
- Dextrose
- Glucose
- Sucrose
- High fructose corn syrup
- Honey
- Malodextrin
- Maple syrup
- Molasses
- Raw sugar



Skip the soda and choose healthy alternatives like tap water, soda water, low-fat milk, or 100% juice (in limited amounts—not more than 1/2 cup of juice per day).

Try replacing just one sugary drink with water every day. Add a slice of orange, lemon, lime or cucumber for zero calories and lots of flavor. YUM!

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