

SUGARY DRINKS

GOAL



Have 0 sugary drinks on most days!

To learn more about the 5-2-1-0 goals, visit FitnessforKidsChallenge.com.

CHALLENGE: HOW MUCH SUGAR IS IN A CAN OF SODA?

Have everyone in your house make a guess of how many teaspoons of sugar are in a typical can of soda (like Coke, Pepsi, 7-Up...).

NAME

GUESS

teaspoons

teaspoons

teaspoons

teaspoons

teaspoons

teaspoons

see the answers and more on the next page



SUGAR IN DRINKS

Look at all the sugar found in these drinks! Next time you reach for something to drink, be sure you choose a healthy option like low-fat milk or water. These drinks are okay sometimes, but not every day.

BEVERAGE	SIZE	TOTAL CALORIES	GRAMS SUGAR	TEASPOONS SUGAR
Coca Cola®	20 oz.	250	70 g	16 tsp.
Sprite®	20 oz.	250	65 g	15 tsp.
A&W Root Beer®	20 oz.	300	78 g	18 tsp.
Low-Fat Chocolate Milk	8 oz.	160	25 g	6 tsp.
Lipton® Iced Tea	8 oz.	80	23 g	6 tsp.
Minute Maid® Lemonade	8 oz.	100	27 g	7 tsp.
100% Orange Juice	8 oz.	120	28 g	7 tsp.
Swiss Miss® Hot Chocolate	8 oz. (one envelope)	120	19 g	5 tsp.
Juice Drink Box	6.5 oz.	100	21 g	5 tsp.
Kool-Aid®	8 oz.	60	16 g	4 tsp.
McDonalds® Wild Berry Smoothie	12 oz.	210	44 g	10 tsp.
Hi-C®	12 oz.	120	32 g	8 tsp.
Mountain Dew®	20 oz.	275	78 g	18 tsp.
Hawaiian Punch®	20 oz.	300	73 g	17 tsp.
Capri Sun®	6.75 oz.	90	23 g	5 tsp.
Sunny D®	16 oz.	240	54 g	13 tsp.

