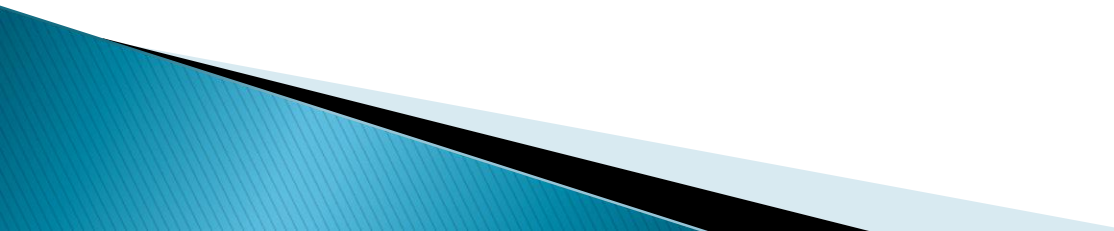


# Sugar in my Drinks!



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# Types of Drinks

- ▶ **Fruit juice**
  - ▶ **Cola**
  - ▶ **Sports drinks**
  - ▶ **Coffee, Tea**
  - ▶ **Flavored water**
  - ▶ **Smoothies**
  - ▶ **Milk**
- 

# Amount/Size of Drinks



# So how Much Sugar is in my Drinks?

- ▶ 4 g sugar = 1 tsp



- ▶ Coca Cola

- 12 oz = **39 g = 9.25 tsp sugar**

- ▶ Grape juice (from concentrate)

- 8 oz = **38 g = 9 tsp sugar**

- ▶ Caramel Frappuccino

- 16 oz = **64 g = 15.25 tsp sugar**

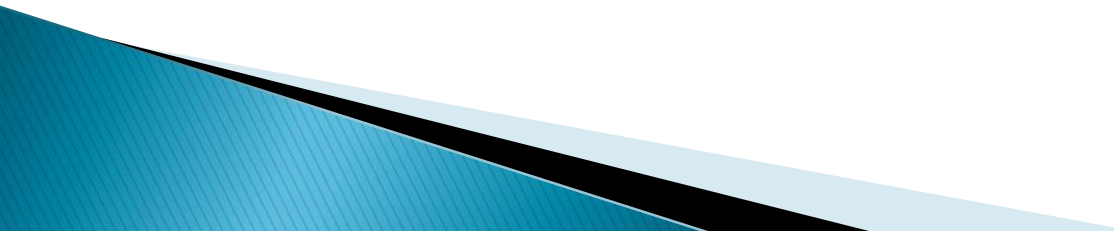
# How Much Sugar do I Need?

- ▶ American Heart Association recommends **6–9 tsp/day**



Source: [//www.spxdaily.com/images-lg/teaspoon-sugar-lg.jpg](http://www.spxdaily.com/images-lg/teaspoon-sugar-lg.jpg)

# Why do I Need to Watch What I Drink?

- ▶ **Increased risk of....**
  - ▶ **Overweight/Obesity**
  - ▶ **Type 2 Diabetes**
  - ▶ **Heart Disease**
  - ▶ **Dental Problems**
- 

# Ideas for Healthful Drinks

- ▶ Non-sweetened milk, coffee, tea
- ▶ Diet soda
- ▶ 100 % fruit juice
- ▶ Seltzer water
- ▶ Water



# More Ideas

- ▶ Order smaller size for sodas, smoothies, coffee, etc.
- ▶ Request your drink to be prepared without added sugar.
- ▶ Avoid extra flavors ....caramel, vanilla, etc.
- ▶ At home, add half the amount of sugar





# Sources

- ▶ <http://www.starbucks.com/menu/drinks/frappuccino-blended-beverages/caramel-frappuccino-blended-coffee>
- ▶ <http://www.welchs.com/products/100-percent-juices/100-percent-grape-juices/100-percent-white-grape-juice>