

Four grams of sugar is equal to one teaspoon.

Check the serving size:

10 tsp sugar  
12 OZ. COLA  
40 g/ 140 calories

7 tsp sugar  
8.3 OZ. ENERGY DRINK  
28 g/ 110 calories

8 tsp sugar  
20 OZ. SPORTS DRINK  
32 g/ 130 calories

16 tsp sugar  
20 OZ. CITRUS DRINK  
64 g/ 240 calories

11 tsp sugar  
14 OZ. CHOCOLATE MILK  
45 g/281 calories

6 tsp sugar  
6.7 OZ. APPLE JUICE  
24 g/ 101 calories

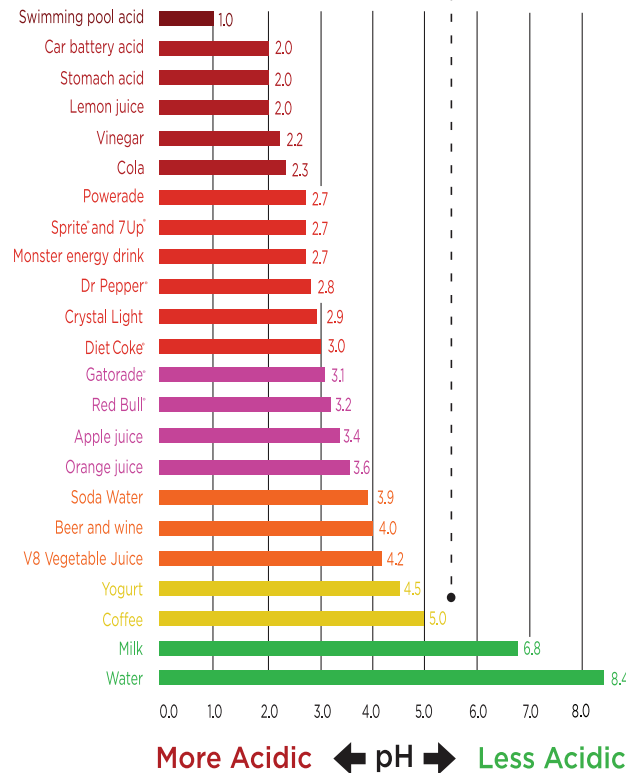
0 tsp sugar  
WATER  
0 g/0 calories

**LIMIT JUICE, EAT YOUR FRUIT!**

Despite having more nutrients and containing only natural (not added) sugar, 100 percent fruit juice typically contains as much sugar and calories as soda pop.

**Tooth enamel starts to dissolve at pH less than 5.5**

Acidity (pH) of common drinks



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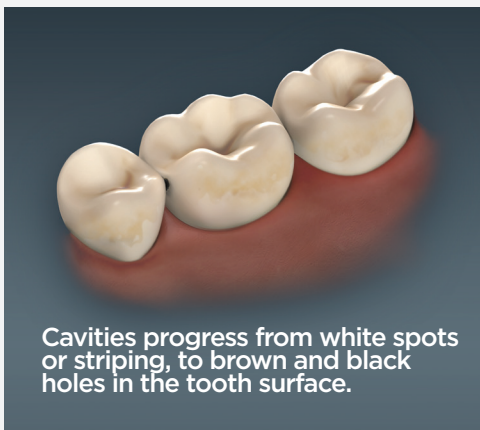


You wouldn't eat 17 packets of sugar. Why would you drink them?

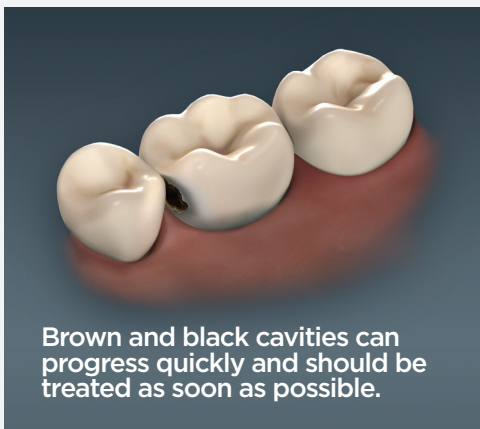




# Let's not sugar coat it.



Cavities progress from white spots or striping, to brown and black holes in the tooth surface.



Brown and black cavities can progress quickly and should be treated as soon as possible.



## Sugar sweetened beverages (SSBs) are beverages with added sugar

These drinks include soda, juice/fruit drinks, sweetened teas/coffees, flavored waters, chocolate milk, and sports and energy drinks. A typical 20 oz. soda or juice fruit/drink contains 15-18 tsp of sugar - as much as in three chocolate candy bars.



## SSBs are bad for your teeth

Drinking soda nearly doubles the risk of cavities in children. Further, the sugar in SSBs feeds the bacteria that produces acid, which attaches and dissolves tooth enamel.



## SSBs increase the chance of becoming overweight or obese

Drinking an 8 oz. SSB each day for a year is equal to 55,000 calories, or 15 pounds a year.

Drinking one 12 oz. can of soda each day increases a child's chances of becoming obese by 60 percent.



## SSBs increase the risk of developing Type 2 diabetes

People who drink one or two cans of soda a day have a 26 percent greater risk of developing Type 2 diabetes.

## How much added sugar is too much?

### Recommended daily limits:

- Newborns & infants:** 0 tsp (0g)
- Toddlers & preschoolers:** 4 tsp (16g)
- Children ages 4 to 8:** 3 tsp (12g)
- Pre-teens & teenagers:** 5-8 tsp (20 - 32g)
- Adult Women:** 6 tsp (24g)
- Adult Men:** 9 tsp (36g)

## Read the label.

To find out if a drink contains added sugar, look for these words on the nutrition facts portion of the label:

- Sugar
- High fructose corn syrup
- Corn sweetener/corn syrup
- Dextrose
- Fruit juice concentrates
- Glucose
- Honey
- Invert sugar
- Molasses
- Sucrose
- Cane syrup/cane sugar

**PLEASE NOTE:** All numbers are guidelines based on averages and are not tailored to individual health needs. Please contact your physician for guidance on how consumption of added sugar may affect you, particularly if you or a family member have any pre-existing health conditions. Numbers calculated are approximate. Read the label for most current nutrition facts, as formulations and sizes may change.