

# How Much Added Sugars are in Your Drink?

Unhealthy Drink Choices	Name of Drink	Ounces	Teaspoons of Sugar
	Capri-Sun (Fruit Punch)®	6.75	5
	Coca Cola®	12	10
	Fanta®	12	10
	Hi-C Fruit Punch®	8	7
	Jarritos®	8	7
	Kerns®	12	10
	Kool-Aid Jammers®	6.75	5
	Monster®	12	10
	Mountain Dew®	12	10
	Nesquik Chocolate Milk®	16	13
	Ocean Spray Cranberry Juice®	8	7
	Pepsi®	12	10
	Red Bull®	8.5	7
	Rockstar®	16	13
	Slurpee®	8	7
	Sprite®	12	10
Sunny Delight®	8	7	
100% Apple Juice *	8	0	



\*From Natural fruit sugars, drink in moderation

NOTE: Added sugars are sugars and syrups that are added to foods and drinks when they are made. Some names for added sugars on food labels include: corn syrup, dextrose, fructose, brown sugar, honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, maltose, nectars, sucrose, white granulated sugar, and anhydrous dextrose.

The American Heart Association (AHA) suggests the added sugar intake below:

**Women: No more than 6 teaspoons/day**  
**Men: No more than 9 teaspoons/day**  
**Less for children.**

NOTE: The above suggestion is for all foods and drinks consumed in a 24 hour period.

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Healthier and reduced sugar drink choices	Name of Drink	Ounces	Teaspoons of Sugar
	Water	8	
	Non-Fat Milk*	8	🥄🥄🥄
	Low-Fat Milk*	8	🥄🥄🥄
	Almond Milk	8	🥄
	Crystal Light®	8	
	Diet Soda	8	
	Fuze Slenderize (Low Calorie)®	16	
	Gatorade®	8	🥄🥄🥄
	Naked Juice and Smoothies®**	8	4-7 teaspoons
	Non-Sweetened Iced Tea	8	
Perrier Carbonated Water®	8		
Powerade®	8	🥄🥄🥄	
Soy Milk	8	🥄	
Vitamin Water®	8	🥄🥄🥄	



\*Natural milk sugar

\*\*From natural fruits sugars. Drink in moderation

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