

# ReTHINK your drink



**BE SODA  
FREE!**

*Take a look at how much sugar is in these popular drinks:*

	Soda	Orange Drink	Sweetened Tea Drink	Tamarindo	Big Pouch	Grass Jelly Drink	Sports Drink	Water
								
	20 oz.	16 oz.	16 oz.	13.5 oz.	11.25 oz.	11 oz.	20 oz.	
Calories	<b>250</b>	<b>260</b>	<b>220</b>	<b>186</b>	<b>152</b>	<b>143</b>	<b>140</b>	<b>0</b>
Teaspoons of Sugar	<b>17</b>	<b>15</b>	<b>13</b>	<b>12</b>	<b>9.5</b>	<b>8.6</b>	<b>9</b>	<b>0</b>

*Instead of soda, commit to drinking :*

- Water
- Non-fat or Low-fat Milk
- 100% Fruit Juice (only 4-6 oz. daily)
- Unsweetened iced tea

- The average person consumes about 100 pounds of added sugar a year in their everyday foods and beverages.
- Soda is the number 1 source of added sugar in the American diet.
- Over 30% of calories from added sugars consumed daily come from soda and other sugary drinks.
- These extra calories from sugar lead to weight gain, putting people at risk for lifelong health problems like diabetes and heart disease.
- 2 out of 3 Americans are overweight or obese.

# Calculating How Much Sugar Is In A Container

<b>Nutrition Facts</b>	
Serving Size 20 fl. oz (591ml)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 55mg	0%
<b>Total Carbohydrate</b> 69g	
Sugars 69g	
<b>Protein</b> 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.	

## Calculation:

**Grams of Sugar ÷ 4 = Teaspoons of Sugar**

**69 Grams ÷ 4 ≈ 17 Teaspoons**

**(Note: if the container has more than one serving, multiply the number of teaspoons by the number of servings to get the Total Teaspoons of sugar in the container. For example, 10 teaspoons x 2 servings = 20 teaspoons in total)**



No insurance? Inyo County Public Health can help you access immunizations, health information, and apply for Medi-Cal. Call 760-873-7868 or visit 207 A W. South Street in Bishop for more information for your family.

