

# What's in your

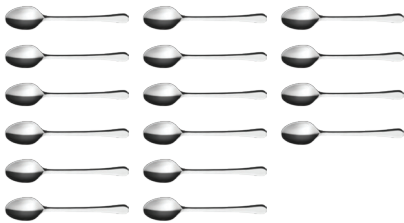
# DRINK?

Sugary drinks can promote obesity and other health problems.



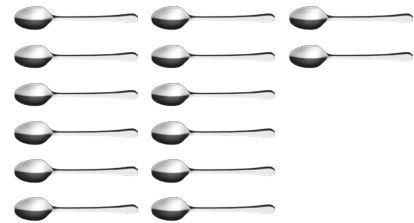
## COLA

20 ounces = 240 calories  
16 teaspoons of sugar



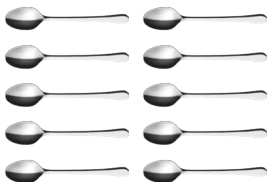
## ENERGY DRINK

16 ounces = 200 calories  
14 teaspoons of sugar



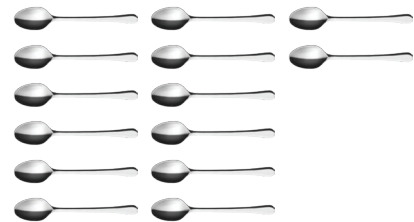
## TROPICAL FRUIT DRINK

11.5 ounces = 140 calories  
10 teaspoons of sugar



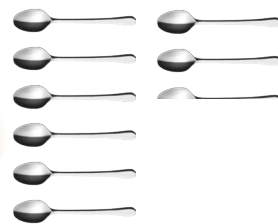
## 100% ORANGE JUICE

16 ounces = 240 calories  
14 teaspoons of sugar



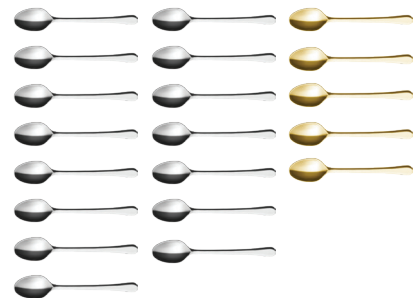
## SPORTS DRINK

20 ounces = 130 calories  
8 1/2 teaspoons of sugar

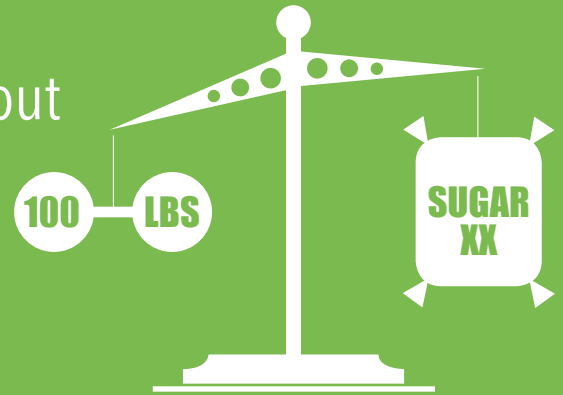


## BLENDED COFFEE DRINK

24 ounces = 380 calories  
17 teaspoons of sugar  
5 teaspoons of fat



In 2009, the average American consumed 93 lbs. of added sugar, about the weight of a 12 year old person.



A 20 oz. soda contains 19 teaspoons of sugar, or 250 calories. To burn 250 calories, a person needs to exercise for approximately 45 minutes!

Over the course of a year, an extra 250 calories per day could result in a weight gain of 25 pounds!



### Healthier options:

- Water (can be mineral, carbonated or club soda)
- Soy, rice, skim, or 1 percent milk
- Limit pre-sweetened coffee and tea
- Check the label for sugar (4 grams=1 teaspoon of sugar)

### Sugar can be in foods under many other names:

Brown sugar

Fructose

Fruit juice concentrates

Honey

Molasses

Raw sugar

Syrup

Dextrose

Glucose

Lactose

Maltose

Sucrose

Corn syrup

Corn sweetener

Highfructose corn syrup

Invert sugar

Malt syrup