

HOW MUCH SUGAR Do You Drink?

Consider how frequently you or your kids enjoy these, and similar, drinks. They provide loads of sugar and little if any nutrition.

Common Drink Choices

DRINK	SIZE	TOTAL CALORIES	SUGAR GRAMS	SUGAR TSP.
Arizona® Green Tea & Honey	20 oz	175 cal	43 g	10
Coca-Cola® Classic	20 oz	240 cal	65 g	15
Minute Maid® 100% Apple Juice	15.2 oz	210 cal	49 g	11
Dunkin' Donuts Strawberry Fruit Coolata®	16 oz (sml)	230 cal	57 g	14
Gatorade Thirst Quencher®	20 oz	133 cal	35 g	8
Glaceau Vitamin Water®	20 oz	120 cal	32 g	8
Monster Energy® Drink	16 oz	200 cal	54 g	13
Mountain Dew®	20 oz	290 cal	77 g	18
Sprite®	20 oz	240 cal	64 g	15
Starbucks Bottled Frappuccino®	9.5 oz	200 cal	32 g	8
Water	ANY SIZE!	0 cal	0 g	0

Tips to make cutting back on sugary drinks easier:

- Cut back slowly.
- Don't replace soda with other sugary drinks, such as juice and sports drinks.
- Remember, water is the best drink when you are thirsty.
- Make water and milk the primary drinks of choice at your home. Buy fewer and fewer sugary drinks each week until you no longer buy any!



Directions to Make Your Own

SUGAR BOTTLE DISPLAY

Making a sugar bottle display is a great activity.

This powerful visual is one of the best ways to show just how much sugar is in some popular drinks—you'll be surprised. This is a tool that can be used to help kids and staff to make smart drink choices.



Supplies:

- Bottles of common sugary drinks – refer to the table on the next page for suggestions.
- Bag of white sugar
- Teaspoons
- Funnels

Directions:

1. Empty, wash, and completely dry bottles. Be careful not to damage the labels as you want to keep them on the bottles.
TIP: Give the bottles at least 24 hours to dry.
2. Find the Nutrition Facts on the bottle label.
3. Take note of serving size (many bottles contain two or more servings – something to think about!)
TIP: Make sure to pay attention to the information listed per bottle.
4. Record how many grams of sugar are in a bottle.

5. Figure out how many teaspoons of sugar are in each bottle by dividing the grams of sugar by 4.2 (the number of grams of sugar in a teaspoon).

For example:

- Serving size 1 bottle
- Grams of sugar per bottle: 48g
- Teaspoons of sugar per bottle: 48 divided by 4.2 \approx 11

The amount of sugar to put into this bottle is 11 teaspoons.

6. Put funnel into mouth of bottle and pour in the sugar. Replace cap.

Screw on tight!

7. Make a chart like the one below that matches the drinks you chose.

TIP: Laminates the chart to ensure it lasts a long time.

8. Display the chart in your building so kids and staff can see how much sugar is in some of their favorite drinks. Place the bottles filled with sugar in front of the chart.

9. Other ideas:

- Take a photo of your display and use along with chart and other handouts to make a bulletin board.
- Make a game out of it by having people guess how many teaspoons of sugar are in their favorite drinks and give the winners a 5-2-1-0 approved prize.
- Have a poster contest around limiting sugar-sweetened beverages.

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Coca-Cola® Classic	20 oz	240 cal	65 g	15
Dunkin' Donuts Strawberry Fruit Coolata®	16 oz sml	230 cal	57 g	14
Sprite®	20 oz	240 cal	64 g	15
Monster Energy® Drink	16 oz	200 cal	54 g	13
Arizona® Green Tea & Honey	20 oz	175 cal	43 g	10
Minute Maid® 100% Apple Juice	15.2 oz	210cal	49 g	11
Glaceau Vitamin Water®	20 oz	120 cal	32 g	8
Gatorade Thirst Quencher®	20 oz	133 cal	35 g	8
Starbucks® Bottled Coffee Frappuccino®	9.5 oz	200 cal	32 g	8
Water	Any size	0 cal	0g	0

Most People Don't Need

SPORTS AND ENERGY DRINKS

Did you know?

Neither sports drinks nor energy drinks are a good substitute for the water we need each day – water is always the best thirst quencher! Water is the best choice for hydration, before, during, and after most people's exercise routines.

Sports drinks:

- These are flavored drinks that usually contain sugar, minerals, and electrolytes (like sodium, potassium, and calcium).
- Most people don't need them! They are recommended **only when you are doing intense physical activity for at least an hour or longer** (such as long-distance running or biking, or high intensity sports like soccer, basketball, or hockey).
- Avoid drinking them when you are just doing routine physical activity or to satisfy your thirst.
- Examples of Sports Drinks:
 - Gatorade ◦ Powerade ◦ Accelerade ◦ All Sport Body Quencher ◦ Propel

Energy drinks:

- These are flavored beverages that usually contain stimulants like caffeine and other compounds along with sugar, added vitamins and minerals, and maybe even protein.
 - Guess what?! We don't need these nutrients from drinks; we get them from our food!
- These drinks are not the same thing as sports drinks and are **never** recommended for children or adolescents.
- These could cause increased heart rate, increased blood pressure, trouble sleeping, anxiety, difficulty concentrating, upset stomach, and even caffeine toxicity.

- Examples of Energy Drinks:
 - Monster ◦ Red Bull ◦ Power Trip
 - Full Throttle ◦ Jolt ◦ Rockstar

Instead of sports drinks, have some water and a piece of fruit after a workout!



WATER IS FUEL for Your Body

**“In a game,
when my
players get
thirsty, water
gets the call.”**

Arnie Beyeler, Manager,
Portland Sea Dogs

Ever wonder why you need water? Like food, water acts like fuel in your body and helps your body run. To keep your body running smoothly, drink plenty of water throughout the day.

Kids who eat healthy, drink enough water, and sleep well at night will have more energy for all their sports and activities!

- Between 70-80% of your body is made up of water.
- Water is the #1 thirst quencher.

Give your body water when you need more fuel!

When you exercise, you sweat, and when you sweat, you LOSE water and minerals. It's important to replace the water you lose when you sweat by drinking water. You can replace the minerals by eating a piece of fruit such as a banana. It's uncommon for kids to reach a level of activity where they require sports drinks. Most often the best choice is water and a light snack.

stay hydrated!
it's cool.



Energy drinks should never be used to replace water during exercise. Most energy drinks, like Red Bull and SuperStar, contain **caffeine**. Caffeine causes the body to lose water and can sometimes cause anxiety, headaches, stomachaches, and sleep problems.

Energy drinks and many sports drinks contain HIGH amounts of sugar and calories. The extra sugar and calories may add to weight gain and tooth decay.



WHAT'S THE DEAL WITH ADDED SUGAR?

The average child, age 6-17 years old, consumes almost **70 pounds of added sugar each year.** Soft drinks are the biggest source of added sugar in the American diet.¹

Did you know?

Naturally occurring sugars are found in healthy foods like fruit and milk.

Added sugars, on the other hand, are sugars added during processing, preparation, or at the table. Added sugars have zero nutrients for your health, and consuming too much added sugar is linked to many lifelong health issues, like heart disease and diabetes.

Added sugars are found in up to 74% of packaged foods.² However, added sugars go by many names and can be difficult to spot. To avoid consuming too much added sugar, read nutrition labels carefully. Avoid foods with any of the following sugar “aliases” as one of the first few ingredients.

A food contains added sugar if you see any of these words in the ingredient list:

- Agave nectar
- Barbados sugar
- Barley malt
- Barley malt syrup
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane juice
- Cane juice crystals
- Cane sugar
- Caramel
- Carob syrup
- Castor sugar
- Coconut palm sugar
- Coconut sugar
- Confectioner's sugar
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Date sugar
- Dehydrated cane juice
- Demerara sugar
- Dextrin
- Dextrose
- Evaporated cane juice
- Free-flowing brown sugars
- Fructose
- Fruit juice
- Fruit juice concentrate
- Glucose
- Glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- HFCS (High-Fructose Corn Syrup)
- Honey
- Icing sugar
- Invert sugar
- Malt syrup
- Maltodextrin
- Maltol
- Maltose
- Mannose
- Maple syrup
- Molasses
- Muscovado
- Palm sugar
- Panocha
- Powdered sugar
- Raw sugar
- Refiner's syrup
- Rice syrup
- Saccharose
- Sorghum Syrup
- Sucrose
- Sugar (granulated)
- Sweet Sorghum
- Syrup
- Treacle
- Turbinado sugar
- Yellow sugar

For more information on the effects of added sugar, visit www.sugarscience.org.

continued



¹ Welsh JA, Sharma AJ, Grellinger L, Vos MB. Consumption of added sugars is decreasing in the United States. *Am J Clin Nutr* 2011;ajcn.018366

² Ng S.V., Slining M.M., & Popkin B.M. (2012). Use of caloric and noncaloric sweeteners in US consumer packaged foods, 2005-2009. *Journal of the Academy of Nutrition and Dietetics*, 112(11), 1828-1834.e1821-1826.

HOW MUCH SUGAR IS OKAY?

The American Heart Association (AHA) recommendations

Most American women should consume no more than

6 teaspoons of added sugars per day

(equal to 25 grams or 100 calories).

Most American men should consume no more than

9 teaspoons of added sugars per day

(equal to 38 grams or 150 calories).

Although the AHA has not released formal recommendations for limiting added sugar for children, since children's calories needs are generally less than adults, it's safe to assume that children should take in even less added sugar each day than adults.