











parent tips

How Much Sugar and Calories are in Your Favorite Drink?

Many people don't realize just how much sugar and calories we drink in a day. Use this tip sheet to help your family make smart choices.



Drink (12-ounce serving)	Teaspoons of Sugar	Calories
Bottled Water	0 teaspoons	0
Diet Cola	0 teaspoons	0
Sugar-Free Drink Mix	0 teaspoons	0
Sugar-Free Lemonade	0 teaspoons	0
Unsweetened Tea	0 teaspoons	0
Sports Drink	2 teaspoons 	75
Lemonade	6¼ teaspoons 	105
Orange Juice	7½ teaspoons 	160
Sweet Tea	8½ teaspoons 	120
Powdered Drink Mix (with sugar)	9 teaspoons 	145
Cola	10¼ teaspoons 	150
Fruit Punch	11½ teaspoons 	195
Root Beer	11½ teaspoons 	170
Grape Juice	12 teaspoons 	200
Orange Soda	13 teaspoons 	210

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

We Can! Ways to Enhance Children's Activity & Nutrition, *We Can!*, and the *We Can!* logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).