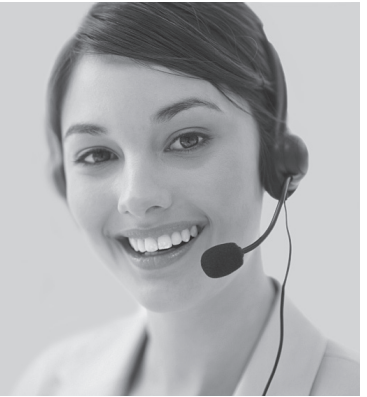


“It was great to talk with you.

Thank you for your interest in how to limit the amount of sugar you drink. I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your health coach, I’m ready to help in any way I can.”



Regular soft drinks are loaded with sugar. So are many other popular beverages.

Why stay away from sugary drinks?

- **Added sugar is a source of “empty calories”** (calories without nutritional value). One teaspoon contains 15 calories. That’s not much, you might say. But those calories come without any other nutrients you need for health. And the teaspoons add up fast! A 20-ounce soft drink has 10 to 20 teaspoons of sugar.
- **Sugar is linked to tooth decay, heart disease, and weight gain.** Did you know that an extra 150 calories per day equals about 15 pounds of weight gain per year? That’s the number of calories in a single 12-ounce can of regular soda.
- **Calories from liquids don’t fill you up as well as those from solid foods.** Studies have shown that most people don’t eat less to make up for the calories they get from drinks.

The 2015-2020 Dietary Guidelines for Americans recommends that you limit added sugar to 10 percent of your total daily calories. For example, if you eat 1,600 calories per day, you would limit added sugars to less than 40 grams per day. (One teaspoon of granulated sugar contains 4 grams, so that would be 10 teaspoons. That is the average amount in one 12-ounce can of regular soda.)

What are better beverage choices?

A sugary drink is fine as an occasional treat. But you should choose drinks without sugar most of the time, such as:

- Cool, refreshing water.
- Seltzer (plain or flavored) or seltzer mixed with a touch of 100-percent fruit juice.
- Flavored waters with no added sugar.
- Diet soft drinks.
- Tea or coffee without added sugar or flavored syrups.



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How Much Sugar Do You Drink?

- Small amounts of 100-percent fruit juice (no more than a half-cup or 4 fluid ounces per day).
 - Like fruit, fruit juice contains nutrients you need for health. But it also contains a lot of natural sugar and calories. And it has no fiber. Whole fruit is rich in fiber and is a better choice. Fiber is filling. It also helps prevent type 2 diabetes, heart disease, and obesity.
 - “Fruit drinks” are not fruit juice. Fruit drinks contain lots of added sugar.
- Nonfat or 1-percent milk, without added sugar.
 - Experts recommend that adults drink 2½ to 3 cups per day of nonfat or 1-percent milk, without added sugar. Whole and 2-percent milk contain the type of fat that is linked to heart disease.
 - Keep in mind that flavored milks and most commercially prepared smoothies contain added sugar.
 - Don’t let the Nutrition Facts labels confuse you.

Limit alcoholic drinks.

- Liqueurs and many mixed drinks contain added sugar.
- Alcohol itself is a source of empty calories.
- Too much alcohol is linked to heart disease and obesity. It is also linked to cancer and other serious health problems.
- If you drink alcohol, limit yourself to one drink per day for women and two drinks for men.

Look at all that sugar!

Take a look at the drinks below. You may be shocked by the amount of sugar!

Tips for reading labels:

- The Nutrition Facts label lists “total sugars.” This includes added and natural sugars.
- A gram is a unit of weight. One teaspoon of sugar weighs 4 grams.
- One cup equals 8 fluid ounces. A can of soda that is 12 fluid ounces contains 1½ cups. A bottle of soda that contains 20 fluid ounces contains 2½ cups.



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How Much Sugar Do You Drink?

Note: Within each group, the drinks are listed by teaspoons of sugar. Values below are from company websites. Accessed February 1, 2018.

Soft Drinks	Fluid Ounces	Calories	Total Sugars (Grams)	Teaspoons of Sugar
Sprite	12	140	38	10
Coca-Cola	12	140	39	10
Pepsi	12	150	41	10
Sunkist (orange soda)	12	170	43	11
A&W Root Beer	12	180	46	12
Mountain Dew	12	170	46	12
Sprite	20	240	64	16
Coca-Cola	20	240	65	16
Pepsi	20	250	69	17
Mountain Dew	20	290	77	19

Energy Drinks	Fluid Ounces	Calories	Total Sugars (Grams)	Teaspoons of Sugar
Red Bull	8.4	110	27	7
Monster Energy	8.5	101	27	7
NOS Original	16	210	53	13
Rockstar Energy Drink	16.9	278	59	15

Fruit Juices, Fruit Juice Drinks	Fluid Ounces	Calories	Total Sugars (Grams)	Teaspoons of Sugar
Tropical Blend, Minute Maid	15.2	130	31	8
Orange Juice, Minute Maid (100% juice)	15.2	220	45	11
Apple Juice, Minute Maid (100% juice)	15.2	210	49	12
Lemonade, Minute Maid	20	260	67	17
Fruit Punch, Minute Maid	20	270	71	18
Mango Pineapple Smoothie, McDonald's	Large size (22)	340	72	18
Kiwi Strawberry, Arizona	23	345	81	20

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How Much Sugar Do You Drink?

Sports Drinks	Fluid Ounces	Calories	Total Sugars (Grams)	Teaspoons of Sugar
G-Original Gatorade, Thirst Quencher, Orange	32	213	56	14
Powerade Sports Drink and Vitamins B3, B6, and B12, Mountain Berry Blast	32	213	56	14
Milk Drinks	Fluid Ounces	Calories	Total Sugars (Grams)	Teaspoons of Sugar
Chocolate Low-Fat Milk, Nesquik	14	300	44	11
Hot Chocolate (with whole milk and whipped cream), Starbucks	Venti size (20)	550	57	14
Chocolate Shake, McDonald's	Large size (22)	850	120	30
Tea Drinks, Coffee Drinks	Fluid Ounces	Calories	Total Sugars (Grams)	Teaspoons of Sugar
Iced Tea, Lemon, Nestea	20	125	28	7
Green Tea, Arizona	16	120	32	8
Iced Tea, Lemon, Snapple	16	150	36	9
Sweet Tea, McDonald's	Large size (30)	280	71	18
Frappuccino, Java Chip (with whole milk and whipped cream), Starbucks	Venti size (24)	600	88	22
Mocha MooLatte, Dairy Queen	Large size (24)	790	108	27

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The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.

Source:

- Dietary Guidelines for Americans 2015-2020, Eighth Edition. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>. Accessed February 1, 2018.



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