



# Healthy Drinks: Add it up!

## Drink water, not sugar.

Compare these drinks to see how many teaspoons of sugar they have in a common serving.

**Which one will you choose?**



= 1 teaspoon = 4 grams of sugar

8oz glass  
of water = 0 tsp

6.75 oz juice box  
(100% juice) =  5.5 tsp

12 oz can  
of soda =  9.75 tsp

8oz glass of  
orange juice =  5.5 tsp

16 oz bottle  
of iced tea =  10.5 tsp

16 oz bottle of  
chocolate milk =  14 tsp

20 oz bottle  
of Gatorade =  8.75 tsp

The savings can add up if your family stops buying drinks and starts drinking water from home.

	Unit Price	Monthly cost
Iced tea (1 gallon/week)	\$3.59	\$14.36
Soda (1 can/day )	\$1.00	\$30.00
Sports drink (16.9oz bottle/weekend)	\$2.00	\$8.00
Fruit Juice drink (64oz of 15% fruit juice/week)	\$2.79	\$11.16
<b>Total Savings each year: \$762.24 and 11,700 tsp of sugar!</b>		