



Sugar Sweetened Drinks



Drinks like juice, energy drinks, sports drinks, lemonade, sweetened teas, and soda are extremely high in sugar. Consuming too much sugar can make you feel sluggish and can increase hunger and cravings. Having too much sugar can also lead to health problems in the future.

How much is too much?

Juice boxes, lemonade, and fruit juices should only be allowed in moderation.

Limit those drinks to **no more than 1** per day.

The average 12 oz can of soda has just about 10 teaspoons of sugar. That's more than most servings of candy!

The many names of sugar. Sugar can come with lots of names, like high fructose corn syrup, which is a very common syrup made from corn starch that is used as a sweetener, just like sugar. Check the ingredients on the nutrition label! All of these words mean the same as sugar:

- ♦ High fructose corn syrup
- ♦ Dextrose
- ♦ Fructose
- ♦ Sucrose
- ♦ Maltose
- ♦ Lactose

Look on the Label. Because it can be difficult to figure out which ingredients are actually sugar, reading the nutrition label of any drink is the easiest way to find out how much sugar it has. Look for the grams of sugar per serving on the label and see how many serving sizes are in the container. Every 4 grams of sugar is equal to one teaspoon of sugar.

- ♦ Plain water, cold, with ice, warmed, or hot; most of a child's fluid intake should be plain water
- ♦ Try slicing up berries, cucumbers, mint, oranges, limes, or lemons into a pitcher of water
- ♦ Try seltzer or carbonated water
- ♦ Dilute any sugar sweetened beverage like juice or lemonade
- ♦ Choose 100% fruit juice
- ♦ Unsweetened iced tea
- ♦ Unsweetened, herbal tea

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What should my child be drinking?