What's in Your Drink?
Natural versus Added Sugar: Reading the Label

How many teaspoons of sugar are in your drink?
1. Find the Nutrition Facts label.
2. Locate Total Sugars and find the number of grams (g) (52g sugar)
3. Divide Total Sugars by 4.
   Why? because 4 grams of sugar = 1 teaspoon of sugar
   (52g ÷ 4g = 13 teaspoons of sugar)
4. This number is the total number of teaspoons of sugar in your drink.

What type of sugar is in your drink?
Added Sugars are added to drinks to make them sweeter.
This drink has 52g Total Sugars and includes 32g Added Sugars.
52g — 32g = 20g Natural Sugars.

Natural Sugars can come from dairy products (lactose)
OR from fruit (fructose).

How much sugar is too much?
Kids, teens, and women: Limit to 6 teaspoons (24g) of Added Sugars per day.
Men: Limit to 9 teaspoons (36g) of Added Sugars per day.