

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
 (52 ÷ 4 = 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 **Total Sugars**

32g **Added Sugars**

20g **Natural Sugars**



- **Natural Sugars** are found in dairy products (lactose) AND 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.

Nutrition Facts

1 servings per container	
Serving size	12 fl oz
Amount Per Serving	
Calories	320
	<small>% Daily Value*</small>
Total Fat 4g	5%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 320mg	14%
Total Carbohydrate 56g	20%
Dietary Fiber 1g	4%
Total Sugars 52g	
Includes 32g Added Sugars	64%
Protein 17g	34%
Vitamin D 9mcg	45%
Calcium 780mg	60%
Iron 0.72mg	4%
Potassium 940mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

