

How much sugar is in your drink?



Sugar Grams ÷ 4 = Teaspoons of Sugar

Sugars 60g ÷ 4 = 15 teaspoons

Soda Nutrition Facts

Serving Size 1 bottle - 20 fl oz (591mL)

Amount Per Serving

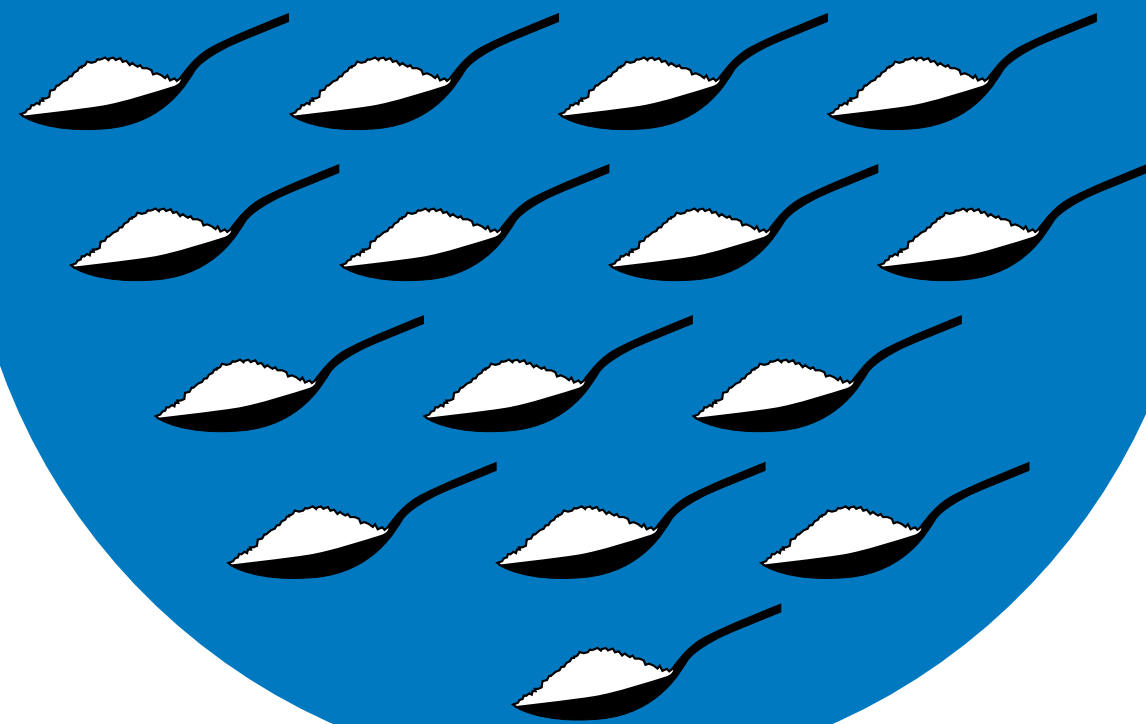
Calorie	Fat 0
Value*	
Total Fat 0g	0%
Sodium 25mg	1%
Total Carbohydrate 63g	20%
Sugars 60g	
Protein 0g	

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.

15
teaspoons of sugar



The 2015-2020 *Dietary Guidelines for Americans* recommend limiting calories from added sugars to no more than 10% each day. That's 200 calories, or about 12 teaspoons, for a 2,000 calorie diet.

Choose health. Drink water.



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.