DO YOU KNOW WHAT MAY BE HIDING IN YOUR CHILD’S FRUIT DRINK?

DIET SWEETENERS

Even though diet sweeteners have no calories, they actually taste sweeter than regular sugar. Drinks with these sweeteners also often have added sugars, making them extra sweet.

RECOGNIZING DIET SWEETENERS

<table>
<thead>
<tr>
<th>NAME</th>
<th>HOW MANY TIMES SWEETER THAN SUGAR?</th>
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</thead>
<tbody>
<tr>
<td>Acesulfame Potassium</td>
<td>200x sweeter</td>
</tr>
<tr>
<td>Stevia</td>
<td>300x sweeter</td>
</tr>
<tr>
<td>Sucralose (Splenda)</td>
<td>600x sweeter</td>
</tr>
<tr>
<td>Neotame</td>
<td>7,000-13,000x sweeter</td>
</tr>
</tbody>
</table>

Health experts do not recommend serving drinks with diet sweeteners to children under 14 years old.
WHAT'S HIDDEN IN YOUR CHILD'S DRINK?

- Sucralose
- Acesulfame
- Potassium
- Neotame

**SUNNY D**

Contains:
WATER, HIGH FRUCTOSE CORN SYRUP AND 2% OR LESS OF EACH OF THE FOLLOWING: CONCENTRATED JUICES (ORANGE, TANGERINE, APPLE, LIME, GRAPEFRUIT, PEAR), CITRIC ACID, ASCORBIC ACID (VITAMIN C), THIAMIN HYDROCHLORIDE (VITAMIN B1), NATURAL FLAVORS, MODIFIED CORNSTARCH, CANOLA OIL, SODIUM CITRATE, CELLULOSE GUM, SUCRALOSE, ACESULFAME POTASSIUM, NEOTAME, SODIUM HEXAMETAPHOSPHATE, POTASSIUM SORBATE TO PROTECT FLAVOR, YELLOW #5, YELLOW #6.

**MOTT'S LIGHT**

WATER, APPLE JUICE CONCENTRATE, MALIC ACID, ASCORBIC ACID (VITAMIN C), SUCRALOSE, NATURAL FLAVORS.

**KOOL-AID Jammers**

**HAWAIIAN PUNCH**

**UConn Rudd Center for Food Policy & Obesity**