WHAT IS A SUGARY DRINK?

MANY CHILDREN'S DRINKS HAVE ADDED SUGAR

Soda may come to mind first, but children's fruit drinks also have added sugar.

Sugary fruit drinks can call themselves many things including:

- Juice Drinks
- Juice Blends
- Water Drinks
- Fruit Drinks
- Fruit Flavored Beverages
Even drinks that have "fruit" or "juice" in the name may have:

- Little or no fruit juice
- Added sugars
- High fructose corn syrup, sugar, and cane sugar--all common names for added sugar
HOW MANY TEASPOONS OF SUGAR IN THESE DRINKS?

Per 6.25 oz serving:
- 11 g sugar
  - = 2.75 tsps

Per 8 oz serving:
- 15 g sugar
  - = 3.75 tsps

Per 6 oz box:
- 21 g sugar
  - = 5 tsps

Per 6 oz pouch:
- 13 g sugar
  - = 3 tsps

Children should consume no more than **25 grams (6 tsps)** of added sugars **DAILY!**