

"Sweetened beverages" contain a lot of sugar and calories that do not

provide nutrition.

If you drink these beverages, it can lead to:

- Weight gain
- An increased risk for diabetes
- Or, other health problems

What is a "sweetened beverage"?

Anything that contains added sugar or natural sugars.

- Regular soda
- Kool-aid TM made with sugar
- Lemonade
- Sweet tea or Flavored Iced Tea
- Hot Chocolate
- Sports drinks
 - о Gatoradeтм or Poweradeтм
- Juice Drinks
 - о Sunny Dтм, Capri Sunтм, Hi-Стм, Snappleтм
- 100% Fruit Juice
 - o Orange, Apple, Grape, Cranberry, Juicy Juice

Type of Sweetened Beverage	Amount of Sugar (in teaspoons)*
20 oz Fruit Drink	18 • • • • • • • • • • • • • • • • • • •
(example: Minute Maid Fruit Punchtm)	
20 oz bottle Regular Soda	17****
12 oz can Regular Soda	10++++++++
100% Fruit Juice - 16 oz bottle	13 * * * * * * * * * * * *
20 oz Sports Drink	9*****
(example: GatoradeTM or PoweradeTM)	
16 oz Kool-aid™	12 • • • • • • • • • • • •

*4 grams of sugar = 1 teaspoon sugar

It is recommended that you limit how much of these "sweetened beverages" you drink. Try to drink no more than 8 ounces each day.

It is best to not drink any.





Better Beverages!

Recommended beverage balance:

- 3 servings of milk per day
 - $\circ~$ Skim or 1%
- Drink water in between meals
 - Add your own splash of lemon, lime, orange
- Other sugar-free flavored beverages may be used for variety

Better Beverage Choices:

- Water
- Low-fat Milk
 - o Skim or 1%
- Flavored Water
 - PropelTM, Fruit2OTM, Clearly
 SparklingTM, Seltzer Waters
 - ∧ Aquafina Flavor Splash™, Dasani Flavored Water™
- Minute Maid Just 10TM
- Minute Maid Fruit Falls
- Sugar-free Kool-aid
 - $\circ~$ Pre-mixed sugar-free or made with Splendam
 - o Kool-aid Jammers10™
- Crystal Light
 - Look for store-brand versions
- Unflavored Tea
 - Recommend decaf
 - May add sugar substitute or lemon
- Diet Soda
 - o Recommend decaf







