

**COMMON DRINKS  
SUGAR CHEAT SHEET  
Per 8 oz serving**

<u>Number</u>	<u>Drink</u>	<u>GmsSugar</u>	<u>Gm Carbs</u>	<u>Cals</u>
1A	COKE	27	27	100
1B	ORANGE SODA	34	35	130
1C	CLUB SODA	0	0	0
2A	GATORADE	14	14	50
2B	G2	7	7	25
2C	POWERADE ZERO	0	0	0
3A	SOBE ELIXIR	26	26	100
3B	SOBE LEAN	0	1	5
4A	APPLE JUICE	25	27	110
4B	FRUIT2O	0	0	0
5A	MINUTE MADE LEMONADE	27	28	100
5B	CASCADE ICE	0	0	2
6A	LIPTON ICE TEA	21	21	80
6B	LIPTON UNSWEETENED ICE TEA	0	0	0
7A	GLACEAU VITAMIN WATER	13	13	50
7B	SNAPPLE ANTIOXIDANT WATER	12	12	50
7C	CRYSTAL CLEAR VIT WATER	0	0	0
7D	PROPEL ANTIOXIDANT WATER	2	2	10
8	PLAIN WATER	0	0	0

*1 SUGAR CUBE= 1 PACKET OF SUGAR= 1 TEASPOON OF SUGAR =  
4 GRAMS SUGAR =16 CALORIES*

**FACTS FOR KIDS:**

- 1) One can of soda per day = additional 15 lbs per year
- 2) Start drinking soda at 2 years old (1 can per day) = 250 lbs as a teen
- 3) One 12 oz soda per day increases the risk of obesity by 60%
- 4) Average Recommended Daily Allowance for “added sugar” (at an 1800 calorie per day intake) = 6 tsp