

Reading Labels: Drinks and Sugar

Example:

- 1) Serving Size: 8 oz
- 2) Servings Per Container: 2.5
- 3) Amount Per Serving:
 - Calories: 50
 - Protein: 0
 - Fat: 0
 - Carbs: 14
 - Sugar: 14
- 4) Ingredients (Look at the first 5 ingredients):
Water, Sucrose Syrup, High Fructose Corn Syrup, Corn Syrup, Natural Orange Flavoring, Salt
- 5) Divide Grams of Sugar by Grams of Carbohydrates:
 - $14\text{gms sugar} / 14\text{ gms carbs} = 100\% \text{ sugar}$
- 6) 25% sugar (out of total grams of carbs) should be your cutoff (no sugar is best)