A 20-ounce soda could have as much sugar as 16 chocolate mini doughnuts.

You wouldn’t eat that much sugar, so why drink it?

Sugary drinks can lead to serious health problems, including type 2 diabetes, obesity, heart disease and tooth decay.

Choose healthy drinks. Drink water and low-fat milk.

Get the facts. Visit playeveryday.alaska.gov.
What is a Sugary Drink?
Sugary drinks are beverages that contain added sugars or sweeteners.

- Agave nectar
- Barley malt
- Brown rice syrup
- Cane sugar
- Corn syrup
- Corn syrup solids
- Crystalline fructose
- Dextrose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate

Learn more about the health impacts of sugary drinks at playeveryday.alaska.gov.

How to Find the Added Sugars
Check the back of the bottle. Read the ingredient list to see if sugar is added to your drink. The first ingredients listed are the ones that appear in the largest amounts. If a sweetener is listed in the first three ingredients, the drink is loaded with sugar.

Sugar Goes by Many Names
Sugar isn’t always called sugar. The following sweeteners add calories with little or no nutritional value:

- Fruit nectar
- Galactose
- Glucose
- Glucose-fructose syrup
- High-fructose corn syrup
- Honey
- Maltose
- Malt syrup
- Maple syrup
- Molasses
- Sucrose