

**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.



Soda



Fruit-Flavored Drink



Sports Drink



Energy Drink



Vitamin-Enhanced Water Beverage



Powdered Drink

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:

- Agave nectar
- Barley malt
- Brown rice syrup
- Cane sugar
- Corn syrup
- Corn syrup solids
- Crystalline fructose
- Dextrose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate
- Fruit nectar
- Galactose
- Glucose
- Glucose-fructose syrup
- High-fructose corn syrup
- Honey
- Maltose
- Malt syrup
- Maple syrup
- Molasses
- Sucrose

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