

HOW MUCH

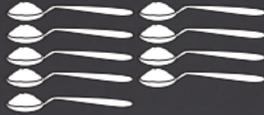
SUGAR IS IN YOUR DRINK?



10-OUNCE FRUIT-FLAVORED DRINK



20-OUNCE SPORTS DRINK



= 1 TEASPOON OF SUGAR

SKIP ALL THAT ADDED SUGAR.

DRINK WATER!



playeveryday.alaska.gov

Can Too Much Sugar Harm Your Health?

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

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

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