LOOKING FOR SUGAR?
It goes by many names.

BROWN RICE SYRUP  CORN SYRUP
HONEY  FRUIT NECTAR
MAPLE SYRUP  MALT SYRUP
AGAVE NECTAR  MOLASSES
EVAPORATED CANE JUICE  CORN SYRUP SOLIDS
GLUCOSE  SUGAR
SUCROSE
FRUCTOSE  FRUIT JUICE CONCENTRATE
GALACTOSE  GLUCOSE-FRUCTOSE SYRUP
CRystalline FRUCTOSE  MALTOSE
DEXTROSE  HIGH-FRUCTOSE CORN SYRUP

If a sweetener is listed in the first three ingredients, the drink is loaded with sugar.

Drink water or low-fat milk.
Get the facts at playeveryday.alaska.gov.