

# How Much Sugar Are You Drinking?



**Coca Cola**  
(12 oz. can)

39g of sugar  
= 10 tsp



**Sprite**  
(12 oz. can)

38g of sugar  
= 10 tsp



**Red Bull**  
(8.3 oz. can)

27g of sugar  
= 7 tsp



**Cranergy**  
(12 oz. bottle)

13 grams of sugar = 3 tsp



**Vitamin Water**  
(20 oz. bottle)

32.5g of sugar  
= 8 tsp



**Mountain Dew**  
(20 oz. bottle)

76g of sugar = 19 tsp



**Tropicana Twister Soda**  
(20 oz. bottle)

87.5 grams of sugar = 22 tsp



**Gatorade Frost**  
(32 oz. bottle)

56g of sugar  
= 14 tsp



**Snapple Iced Tea**  
(16 oz. bottle)

48g of sugar  
= 12 tsp

**4 grams of sugar = 1 teaspoon (tsp) of sugar**



**Hi-C Single Serve juice box (6.75 oz.)**

26g of sugar = 7 tsp



**Starbucks Coffee Frappuccino (12 oz., no whip)**

31g of sugar = 8 tsp



**McDonald's Sweet Tea (16 oz. cup)**

30g of sugar = 8 tsp



**Capri Sun single serve (1 pouch)**

26g of sugar = 7 tsp



**Dunkin Donuts Coolatta (16 oz, with cream, no whip)**

23g of sugar = 6 tsp



**Dunkin Donuts Fruit Coolatta (16 oz.)**

65g of sugar = 16 tsp



**Hawaiian Punch (8 oz. serving)**

29g of sugar = 7 tsp



**Regular Slurpee (16 oz.)**

52g of sugar = 13 tsp



**Nesquik**

(16 oz. bottle)

60g of sugar = 15 tsp

**It is recommended not to eat/drink more than 32g (or 8tsp) of added sugar per day (such as those in cakes, candy, cookies, fruit drinks, regular soft drinks, ice cream). Sugar found in fruits and vegetables are ok because they supply key nutrients.**

**Choose beverages that have the lowest amount of sugar (water has none!)**

**Please visit [www.mypyramid.gov](http://www.mypyramid.gov) for a list of ingredients to look for on a food label (such as high-fructose corn syrup) that can signal sugar was added.**

**Developed April, 2009 by the City of Meriden Health Department  
165 Miller Street \* Meriden, CT 06450 \* 203-630-4238  
[www.meridenhealth.com](http://www.meridenhealth.com) \* Become a fan on Facebook!**

