

How Much Sugar Do You Drink?

Consider how frequently you or your child enjoy these beverages and what nutrition, if any, they get from it.

Common Drink Choices

Drink	Serving Size	Fat	Sugar	Calories
Whole Milk	8oz	8g	11g	150
2% Milk	8oz	5g	12g	120
1% Milk	8oz	2.5g	12g	100
Skim Milk	8oz	0g	12g	80
Hershey's Choc Milk	8oz	4.5g	30g	200
Gatorade Thirst Quencher	8oz	0g	14g	50
Coca Cola Classic	8oz	0g	27g	97
Crystal Light Lemonade	8oz	0g	0g	5
Tropicana Healthy Kids Orange Juice	8oz	0g	22g	110
Diet Coke	8oz	0g	0.1g	1
Minute Maid Coolers	6.7oz	0g	27g	100
Minute Maid 100% Apple Juice	6.7oz	0g	21g	100
Water	8oz	0g	0g	0

Table taken from: http://pediatrics.about.com/od/nutrition/a/06_drink_gdlnes.htm

Tips to make cutting back on sugary drinks easier:

- Cut back slowly
- Don't replace soda with other sugar-sweetened beverages, such as juice and sports drinks
- Remember, water is the best drink when you are thirsty
- Make low fat milk and water the drink of choice