

Do you know how much sugar you are drinking?



Soda is the #1 source of added sugar in the American diet.



There are 10 teaspoons of sugar in just one 12-ounce can of regular soda.



Juice is also loaded with sugar – two small juice boxes contain *more* sugar than one can of soda!

Calculate teaspoons of sugar in a bottle in 2 steps:

Nutrition Facts

Serving Size 8 fl oz (240 mL)

Servings Per Container 2.5

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 0g 0%

Sodium 50 mg 2%

Total Carbohydrate 31g 10%

Sugars 31g

Protein 0g

1) Divide grams of sugar by 4

2) Multiply by servings per container

Example:

1) $31g \div 4 = 7.75$ tsp

2) 7.75 tsp \times 2.5 svg \approx 20 tps of sugar in the bottle

Isn't it time to **Rethink Your Drink?**

Take the **Soda Free Summer Challenge.**

www.sodafreesummer.org



Rethink
your
drink

This message is brought to you by Shape Up SF.
Making it fun and easy to eat well and move more.
www.shapeupsf.org

