

The **Sour** Truth About **Sweet** Drinks

What you drink is just as important as what you eat. Sugary drinks such as regular soda, energy or sports drinks, fruit drinks, and sweet tea are all just water with added sugar, flavors, and colors. How much sugar is in your water?

Fruit Punch 18 tsp 

Energy Drink 16 tsp 

Regular Soda 16 tsp 

Sweet Tea 14 tsp 



Sports Drink 9 tsp

a **TIP**
Before You
SIP...

Rethink Your Drink. All that sugar adds up. It's not just sugar you are drinking, but calories too. It would take an average person almost an entire hour of brisk walking to burn off the calories in a 20-ounce bottle of soda.



Choose Water!



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP, which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. USDA is an equal opportunity provider and employer. To find out more, contact a county food assistance office or a county Extension office.

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Teaspoons of sugar are based on a 20-ounce serving and are rounded to the nearest whole number.