Read the Label

To find out if a drink contains added sugar, look for these words on the label:

Sugar
High fructose corn syrup
Corn sweetener/Corn syrup
Dextrose
Fruit juice concentrates
Glucose
Honey
Invert sugar
Molasses
Sucrose
Cane syrup/Cane sugar

Nutrition Facts
Serving Size: 20-oz. Bottle

Amount Per Serving

Calories 240

	% Daily Value*
Total Fat 0g	0%
Sodium 75mg	3%
Total Carb 65g	24%
Sugars 65g	
Protein 0g	

Not a significant source of fat cal., sat. fat, trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE

You wouldn't EAT 16 packets of SUGAR

why would you DRINK them?

Sip Tips

💧 **Choose water or milk**
(1% or nonfat for those older than 2)

💧 **Stock the fridge with a jug of cold water and bottled water for those on-the-go**

💧 **For a treat once in a while:**

- Add zest to your water by adding a fresh fruit slice or cucumber slices and fresh mint.
- Freeze 100 percent fruit juice in an ice cube tray, and then add one frozen cube to a glass of water.
- Add a small splash of 100 percent fruit juice to plain water.

💧 **Reduce the number and portion size of sugary drinks—drink only once in a while, 8 ounces or less**

More Information and Tips

For source information about sugar-sweetened beverages, healthy alternatives, tips, facts and more, or to order Rethink Your Drink materials, visit your state-specific Delta Dental website.

- **Delta Dental of Michigan**
  www.deltadentalmi.com/rethinkyourdrink
- **Delta Dental of Ohio**
  www.deltadentaloh.com/rethinkyourdrink
- **Delta Dental of Indiana**
  www.deltadentalin.com/rethinkyourdrink

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RETHINK YOUR DRINK

Choose Water!

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Check the Serving Size*

How Much Added Sugar is Too Much?

Sugary drinks are beverages with added sugar

- These drinks include pop, juice/fruit drinks, sweetened teas/coffees, flavored waters, chocolate milk, sports and energy drinks.
- A typical 20-ounce soda or juice/fruit drink contains 15–18 tsp. of sugar—as much as in three chocolate candy bars!

Sugary drinks are bad for your teeth

- Drinking pop nearly doubles the risk of cavities in children. Further, the sugar in sugary drinks feeds the bacteria that produces acid, which attacks and dissolves tooth enamel.

Sugary drinks increase the chance of becoming overweight or obese

- Drinking an 8-ounce sugary drinks each day for a year is equal to 55,000 calories, or 15 pounds a year.
- Drinking one 12-ounce can of pop each day increases a child's chances of becoming obese by 60 percent.

Sugary drinks increase the risk of developing type 2 diabetes

- People who drink one or two cans of pop a day have a 26 percent greater risk of developing type 2 diabetes.

Limit juice—EAT your fruit!

Despite having more nutrients and containing only natural (not added) sugar, 100 percent fruit juice typically contains as much sugar and calories as pop.

20-ounce Citrus Soda
19 tsp.
(77g)
290 calories

20-ounce Cola
16 tsp.
(65g)
240 calories

8.3-ounce Energy Drink
7 tsp.
(27g)
110 calories

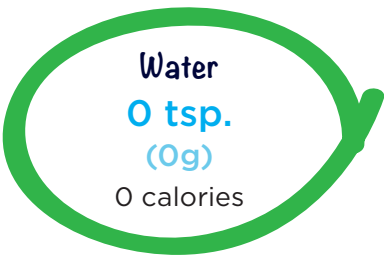**6-ounce Juice Pouch**
5 tsp.
(20g)
80 calories

20-ounce Sports Drink
8 tsp.
(34g)
130 calories

6.75-ounce Apple Juice
6 tsp.
(24g)
101 calories

14-ounce Chocolate Milk
11 tsp.
(45g)
281 calories

Water
0 tsp.
(0g)
0 calories

* Numbers calculated are approximate. Read the label for most current nutrition facts, as formulations and sizes may change.

Four grams of sugar is equal to one teaspoon!

Sugar

Here are the recommended daily limits:

Newborns and Infants
0 tsp.
(0g)

Toddlers and Preschoolers
4 tsp.
(16g)

Children Ages 4–8
3 tsp.
(12g)

Pre-teens and Teenagers
5–8 tsp.
(20–32g)

Adult Women
6 tsp.
(24g)

Adult Men
9 tsp.
(36g)

Please note: All of these numbers are guidelines and based on averages and are not tailored to individual health needs. Please contact your physician for guidance about how consumption of added sugar may affect you, particularly if you or a family member have any pre-existing health conditions.