

JUICE, SODA, & SPORTS DRINKS

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WHAT'S IN YOUR DRINK?

OVER THE YEARS, THE SIZE OF SUGARY DRINKS HAS GROWN:

GROWTH OF OUR DRINKS:

TODAY - 42 OZ

1990'S - 20 OZ

MID-CENTURY - 12 OZ

EARLY 1900'S - 6.5 OZ



FACTUAL BITES

91% PERCENTAGE OF KIDS DRINKING OVER 200 CALORIES DAILY FROM SUGARY DRINKS



A 20 OZ SODA CAN HAVE:

15-18 TSP OF SUGAR

A GLASS OF JUICE CAN HAVE:

10-12 TSP OF SUGAR

A SPORTS DRINK CAN HAVE:

5-11 TSP OF SUGAR

SO WHAT?

EXPERTS RECOMMEND

KIDS HAVE LESS THAN

6 TSP

OR

25 GRAMS

OF SUGAR

DAILY

Excess sugar contributes to obesity & other health issues. Water is a healthy alternative!



WATER



SODA OR JUICE

Try adding lemon or sugar-free flavor packets to water for a flavor boost!