



## What are you and your family drinking?

What do you and your families drink with your meals?

If it is usually soda, Kool-Aid, sweetened iced tea, lemonade, fruit juice or fruit punch, you may be getting lots of extra calories the body does not need.

Many of these drinks are loaded with sugar which can add unwanted pounds and make blood sugar go up.

Although for most people, one 4-6 oz. glass of juice a day is okay, it's better to eat your fruit instead of drink it!

**Check out** the calorie and sugar content of the following popular drinks!

Drink	Amount	Calories	Teaspoons of Added Sugar/Grams of Carbohydrate
<b>Soda (Coke ®)</b>	12 oz. can	140	9 teaspoons/39 grams
<b>Kool-Aid ®</b>	12 oz.	140	9 teaspoons/39 grams
<b>Sweetened Iced Tea</b>	12 oz.	125	8 teaspoons /33 grams
<b>Lemonade</b>	12 oz.	155	10 teaspoons /41 grams
<b>Capri Sun</b>	9.6 oz.	105	7 teaspoons /28 grams
<b>PowerAde/Gatorade</b>	16 oz.	144	9.5 teaspoons/38 grams
<b>Apple juice</b>	12 oz.	180	0 teaspoons/45 grams
<b>Crystal Light</b>	12 oz.	8	0 teaspoons/0 grams
<b>Diet Coke ®</b>	12 oz. can	1	0 teaspoons/1 gram
<b>Unsweetened Iced Tea</b>	12 oz.	1	0 teaspoons/1 gram
<b>1% Milk</b>	8 oz.	110	0 teaspoons/12 grams
<b>Water</b>	12 oz.	0	0/0
<b>Sparkling water</b>	12 oz.	0	0/0
<b>Propel (by Gatorade)</b>	8 oz.	10	2 teaspoons/3 grams
<b>Sugar-free Kool-Aid ®</b>	8 oz.	3	0 teaspoons/1 gram

- Notice the serving sizes which are mostly 12 oz. If you Super size your drink, watch out – a 32 oz. Coke ® has 400 calories!
- Notice the better choices you and your family can make. There are many high-flavor, low-calorie, low-sugar drinks to choose from.
- Aim for 8, 8 oz. glasses of water a day to stay well hydrated.
- Remember, what you drink is as important as what you eat