



How Much Sugar and Calories Are in Your Favorite Drink?

Drink (12-ounce serving)	Grams of Sugar	Approximate Number of Teaspoons of Sugar	Calories
Bottled Water	0 grams	0 teaspoons	0
Cola	41 grams	10¼ teaspoons	150
Diet Cola	0 grams	0 teaspoons	0
Root Beer	46 grams	11½ teaspoons	170
Orange Soda	52 grams	13 teaspoons	210
Powdered Drink Mix With Sugar	36 grams	9 teaspoons	145
Sugar-Free Drink Mix	0 grams	0 teaspoons	0
Lemonade	25 grams	6¼ teaspoons	105
Sugar-Free Lemonade	0 grams	0 teaspoons	0
Grape Juice	48 grams	12 teaspoons	200
Orange Juice	30 grams	7½ teaspoons	160
Fruit Punch	46 grams	11½ teaspoons	195
Sports Drink	8½ grams	2 teaspoons	75
Sweet Tea	33 grams	8½ teaspoons	120
Unsweetened Tea	0 grams	0 teaspoons	0

Adapted from the "With Every Heartbeat Is Life: A Community Health Worker's Manual for African Americans," produced by the National Heart, Lung, and Blood Institute.

