

How much sugar is in your drink?

rethink
YOUR DRINK

Sugar Grams ÷ 4 = Teaspoons of Sugar

Sugars 60g ÷ 4 = 15 teaspoons

Soda Nutrition Facts

Serving Size 1 bottle - 20 fl oz (591mL)

Amount Per Serving

Calories 258 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0%

Sodium 25mg 1%

Total Carbohydrate 63g 20%

Sugars 60g

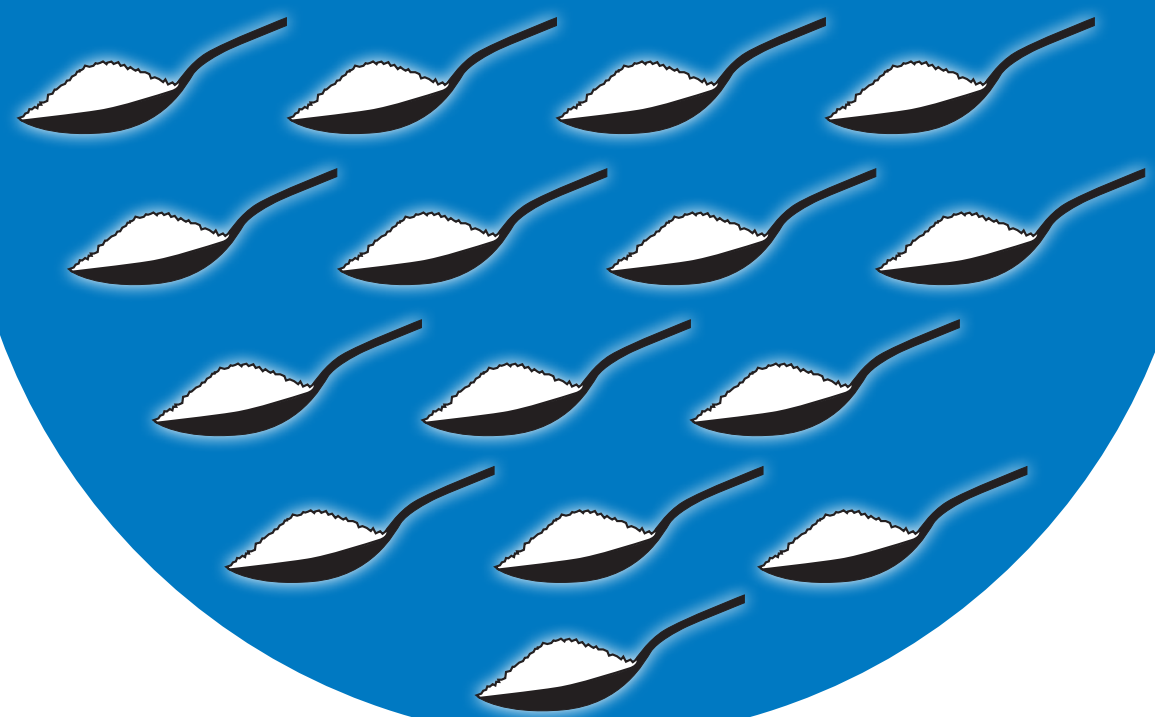
Protein 0g

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary 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.

15
teaspoons of sugar



Choose health. Drink water.



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.