

Think Before You Drink:

How Much Sugar Is In Your Favorite Drink?

20 oz. Bottles	Teaspoons of sugar
Mountain Dew	19
Coke Classic	17
Kool-Aid	16
Gatorade	14

There's more sugar in a bottle of soda than in 2 ½ cups of chocolate ice cream, 127 animal crackers, or 3 Hershey bars.

Let's look at the nutrition label on the back of a 20 oz. Mt. Dew:

1. Number of servings in a bottle 2.5
2. Grams of sugar in each serving 31
(nutrition labels are only written for 1 serving) ×
3. Total amount of sugar in the bottle = 77.5
4. Divide the total amount of sugar by 4 4
(4 grams of sugar = 1 teaspoon) ÷
= 19 Total tsp



We call soft drinks “empty calories” because they don’t have any nutrients (like vitamins, minerals, or protein). But they do have *a lot* of calories and added sugar. In fact, if you look at the ingredient list, soft drinks are mostly all sugar. This sugar is usually in the form of high fructose corn syrup.

Milk and 100% fruit juice also have grams of sugar on the nutrition label, but these are natural sugars. Milk and juice are not considered “empty calories” because they have many nutrients that are good for your body.