

SUGAR ALERT!

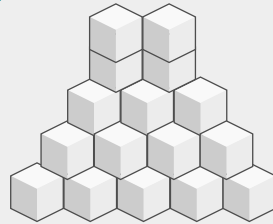
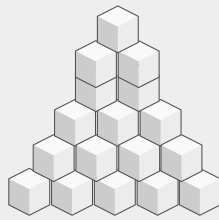
How much sugar is in your drink?

The recommended limit for added sugar intake is less than 10% of total daily calories for people 2 years and older, according to the Dietary Guidelines for Americans. For a 2,000-calorie diet, this means no more than 200 calories, or 12 teaspoons of added sugar a day.

 = 1 teaspoon sugar = 4 grams sugar



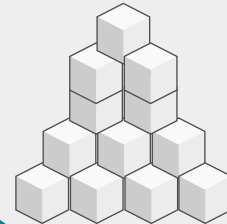
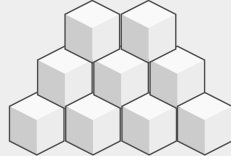
20 oz. Soda
16 teaspoons
(65 grams)



16 oz. Energy Drink
16 teaspoons
(62 grams)



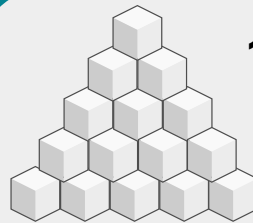
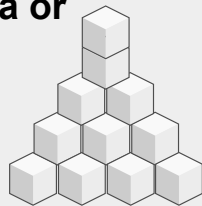
20 oz. Sports Drink
9 teaspoons
(34 grams)



16 oz. Flavored Coffee
12 teaspoons
(48 grams)



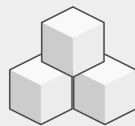
20 oz. Sweet Tea or Frozen Drink
11 teaspoons
(44 grams)



16 oz. Milkshake
15 teaspoons
(60 grams)



6 oz. Juice Drink
3 teaspoons
(13 grams)



¡ALERTA DE AZÚCAR!

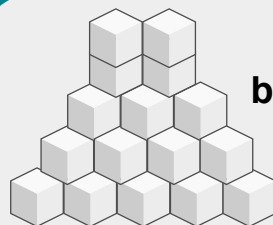
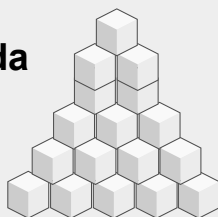
¿Cuánta azúcar hay en tu bebida?

El límite recomendado para la ingesta de azúcar añadido es menos del 10% del total de calorías diarias para personas de 2 años o más, según las Guías Alimentarias para Estadounidenses. Para una dieta de 2000 calorías, esto significa no más de 200 calorías, o 12 cucharaditas de azúcar añadido al día.

 = 1 cucharadita de azúcar = 4 gramos de azúcar



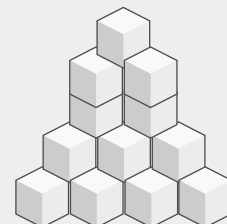
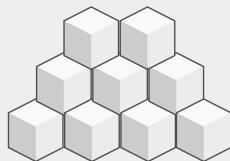
20 onzas de Soda
16 cucharaditas
(65 gramos)



16 onzas de bebida energética
16 cucharaditas
(62 gramos)



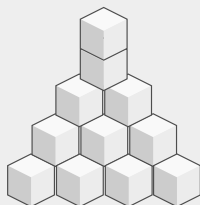
20 onzas de bebidas deportivas
9 cucharaditas
(34 gramos)



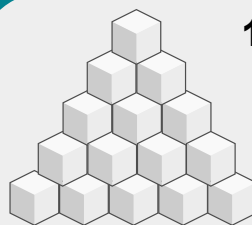
16 onzas de café con sabor
12 cucharaditas
(48 gramos)



20 onzas de té dulce o bebida congelada
11 cucharaditas
(44 gramos)



6 onzas de bebida de jugo
3 cucharaditas
(13 gramos)



16 onzas de batido de leche
15 cucharaditas
(60 gramos)

