

FOR IMMEDIATE RELEASE

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Which Drinks Have the Most Sugar?

How many of you drank a sweet tea today? Or a soda? How about the caramel latte or juice from this morning? All of those drinks are sweetened beverages that usually have added sugar. Since the added sugars don't have any nutrients, they are sometimes referred to as "empty calories." Excess calories, especially empty ones, can contribute to weight gain and obesity, which can be a precursor for chronic illnesses like type 2 diabetes, heart disease, and others.

The American Heart Association recommends that women consume only 25 grams of added sugar per day, while men can have 36 grams. This equals 6 teaspoons for women, and 9 for men. For comparison, a small 12 oz. can of soda has **39 grams** of added sugar. If you get a larger size, like a 20 oz. bottle, there can be **65 grams** of sugar or more. That is two-and-a-half days' worth of sugar in just one bottle of pop! And, it is worth noting that 65 grams of sugar adds 260 calories with no nutrients.

To see how much added sugar is in a food, take a look at the nutrition label. It is usually on the back of a package, or you can use the internet to search for the nutrition facts of the food in question. About halfway down the label, under the "Total Carbohydrates" heading, there will be a line that says "Added Sugar." The amount of grams of sugar will be shown, and a percentage on the right of the label shows how much that fulfills of your daily recommended amount. Don't be surprised if the percentage is over 100!

One might think juice is a healthier option – and it is, sometimes. Make sure the label says 100% juice, and know that even juice has a lot of sugar. For example, an 8-ounce glass of apple juice has the same amount of sugar, ounce for ounce, as the soda pop referenced above. For this reason, you should limit your juice intake when thinking about sugar.

Can you guess what the healthiest beverage is? If you guessed water, you are a winner! Water is inexpensive, has zero calories, and best of all, no added sugar! Adding a small amount

of fruit juice or a low sugar drink mix can make the water taste better for some people, and if you can drink with a straw it makes it easier to drink more.

My challenge for you this month is to swap one sweetened beverage for a glass of water or other sugar free drink each day. For extra credit, drink an additional glass of water each day. You can do it!

Which drinks have the most sugar?

Each ● is 1 gram of sugar



Sugar: Hiding in Plain Sight

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