

Eat **Right** For Life

What Are You Drinking? Quiz

Americans now drink an enormous amount of liquid sugar calories that averages to 300 calories a day! That's the equivalent of approximately 18 teaspoons of sugar every day!

TEST YOUR KNOWLEDGE: Do you know how many teaspoons of sugar are in each of the popular beverages below? Fill in your answers under each item.



20-ounce soda



16-ounce energy drink



20-ounce flavored water



20-ounce lemonade



16-ounce coffee beverage



6.75-ounce fruit drink

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What Are You Drinking? Answers

Now, check out the sugar content of the most popular beverages below and compare your answers!



20-ounce soda
(16.25 teaspoons of sugar)



16-ounce energy drink
(16.25 teaspoons of sugar)



20-ounce flavored water
(8 teaspoons of sugar)



20-ounce lemonade
(17 teaspoons of sugar)



16-ounce coffee beverage
(12 teaspoons of sugar)*



6.75-ounce fruit drink
(4.5 teaspoons of sugar)



The take home message to all of this is to choose beverages wisely. Check the ingredient list for added sugars and make water your beverage of choice most of the time.

***The total sugar content includes added sugar as well as naturally occurring sugar in the milk ingredient.**