

HOW MUCH SUGAR IS IN YOUR DRINK?

(Based on 12 ounces)

Product	Grams of Sugar	Teaspoons of sugar	Any Nutritional Value?
A & W Cream Soda	46	11.5	No
A W Rootbeer	46	11.5	No
Coke	39	9.75	No
Disney Beverages	33-41	8.25-10.25	No
Dr. Pepper	40	10	No
Haawaiian Punch	42	10.5	Yes
Hi-C	44-47	11-11.75	No
Libby Juice - Juice Strawberry - Kiwi	38	9.5	Yes
Lipton Brisk - Lemon Sweetened	33	8.25	No
Lipton Brisk - Raspberry, Sweetened	35	8.75	No
Lipton Brisk - Sweetened	27	6.75	No
Milk, chocolate	58	14.5	Yes
Milk, white	18	4.5	Yes
Minute Maid Fruit Punch Soda	40	10	No
Minute Maid Premium Orange Juice	36	9	Yes
Mountain Dew	46	11.5	No
Mountain Dew - Code Red	45	11.25	No
Mug Cream Soda	48	12	No
Mug Rootbeer	42	10.5	No
Ocean Spray Cran-Apple	51	12.75	Yes
Ocean Spray Cran-Grape	15	3.75	Yes
Orange Crush	50	12.5	No
Pepsi (regular)	41	10.25	No
Sam's Cola	43	10.75	No
Sam's Dr. Thunder	41	10.25	No
Sam's Lemon-lime	41	10.25	No
Sam's Rootbeer	47	11.75	No
Sam's Sparkling Lemonade	48	12	No
Seneca Apple Juice	39	9.75	Yes
Sport Drink	21	5.25	No
Sprite	38	9.5	No
Squirt	40	10	No
Sunkist Soda	53	13.25	No