



Do you know how many grams of sugar are in your favorite drinks? The amount may surprise you! View the charts below to see how much sugar is in some of the most popular beverages.



## SODA

Drink (20 oz)	Calories	Sugar (g)	Drink (20 oz)	Calories	Sugar (g)
Coca Cola	240	65	Mountain Dew	290	77
Coca Cola Vanilla	260	70	Pepsi	250	69
Coca Cola Cherry	260	70	Sprite	240	64
Fanta Strawberry	300	80	Dr Pepper	250	64
Fanta Grape	300	81			



## ICED TEA

Drink (20 oz)	Calories	Sugar (g)
Fuze Iced Tea	120	31
Gold Peak Tea	180	45
Brisk Iced Tea Lemon	130	33
Brisk Iced Tea Lemonade	100	27
Brisk Lemonade	180	47



## ENERGY DRINK

Drink	Calories	Sugar (g)
Monster (16 oz)	200	54
Rock Star (16 oz)	280	62
Red Bull (8 oz)	110	28



## SPORTS DRINK

Drink (20 oz.)	Calories	Sugar (g)
Power Aid	130	35
Vitamin Water	120	32
Gatorade	150	35
Gatorade G2	50	12

# SUGARY DRINKS



## MILK

Drink (8 oz)	Calories	Sugar (g)
Milk 1%	103	12
Chocolate 1%	160	27
Strawberry 1%	170	30



## ALMOND MILK

Drink (8 oz)	Calories	Sugar (g)
Original	60	7
Vanilla	90	16
Chocolate	100	17
Unsweet	30	0



## SOY MILK

Drink (8 oz)	Calories	Sugar (g)
Soy Milk	110	6
Soy Vanilla	100	9
Soy Chocolate	120	17



## JUICE

Drink (8 oz.)	Calories	Sugar (g)
Orange	110	23
Light Orange	80	10
Apple	120	28
Cranberry	110	28
MM Berry Punch	90	25