

How much sugar is in your drink?



Sugar Grams ÷ 4 = Teaspoons of Sugar

Sugars 60g ÷ 4 = 15 teaspoons

Soda Nutrition Facts

Serving Size 1 bottle - 20 fl oz (591mL)

Amount Per Serving

Calories 258 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Sodium 25mg 1%

Total Carbohydrate 63g 20%

Sugars 60g

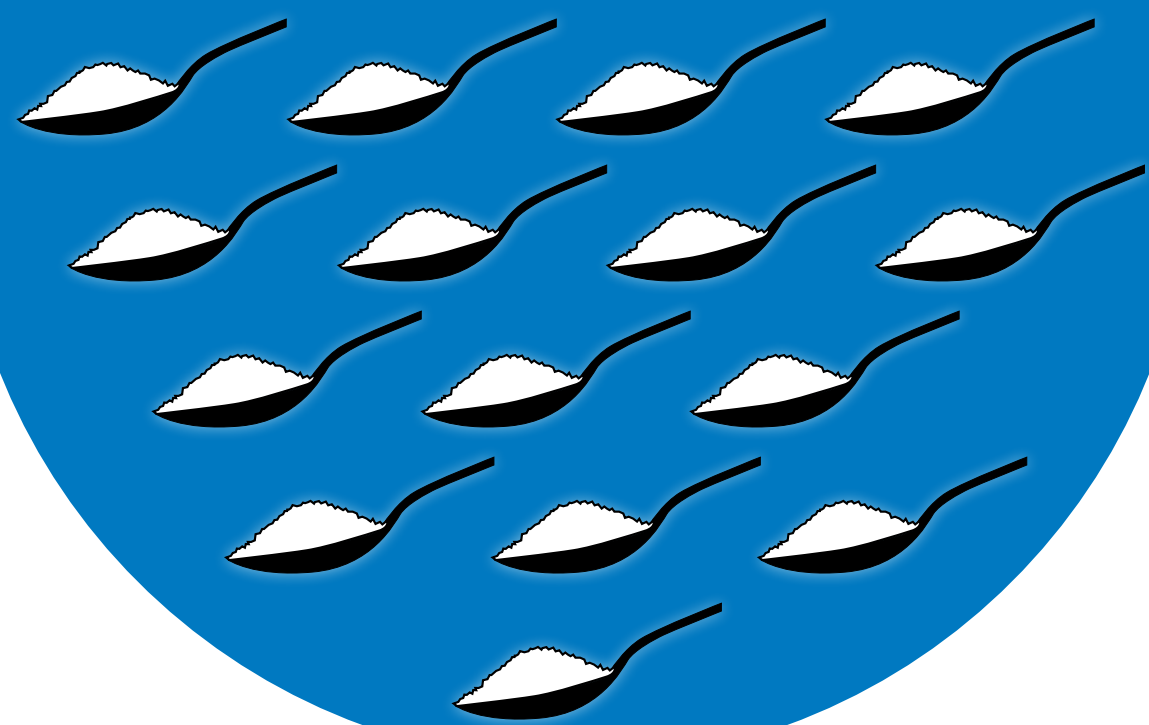
Protein 0g

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.

15
teaspoons of sugar



The 2015-2020 *Dietary Guidelines for Americans* recommend limiting calories from added sugars to no more than 10% each day. That's 200 calories, or about 12 teaspoons, for a 2,000 calorie diet.

Choose health. Drink water.



Funded by USDA SNAP, an equal opportunity provider and employer.

#300197 Rev. 04/19