

# NUTRITIONAL EDUCATION

# SWEET BEVERAGES

Beverage	Sugar Content (grams)
Pepsi (12 oz)	41
Sprite (12 oz)	38
Dr. Pepper (12 oz)	40
Apple Juice (8 oz)	24
Sweetened Iced Tea (16 oz)	36
Monster Energy (16 oz)	54
Red Bull (8.4 oz)	27
Gatorade (20 oz)	34
Lemonade (8 oz)	24
Chocolate Milk (8 oz)	24
Light Draft Beer (12 oz)	0-5



Water  
(0 gm)



Milk  
(8 oz, 12 gm)



Coke  
(12 oz, 39 gm)



Iced Caramel Latte  
(16 oz, 30 gm)



Orange Juice  
(8 oz, 22 gm)



Sparkling Wine  
(8 oz, 1-2 gm)

Please keep in mind that these values are approximate and can vary based on different factors such as specific brand, and portion size.

Always refer to beverage labels and nutritional information for precise values.

**The limit for daily added sugars is 36 grams/day (9tsp) for men and 25 grams/day (6tsp) for women.**