



5-2-1-Almost None



Hidden Sugars in Drinks

How much added sugar is too much? Adults on average have 17 teaspoons of added sugars a day! This is equal to two 12 fl oz cans of cola, sweetened iced teas, or 20 fl oz bottles of a sports drink and exceed added sugar limits for adults (based on a 2000 Calorie diet). This doesn't count other sources of added sugars in the diet like pastries, sauces, and condiments to name a few.

Sugar sweetened beverages (or SSBs) are drinks that have been made with sugar or syrup during processing and includes soda, flavored teas, slushies, fruit drinks (not 100% juice), sports and energy drinks, and lemonades. Added sugar in the diet can cause cavities. Have SSBs in moderation or on occasion. Too many SSBs may lead to unwanted weight gain and chronic diseases like diabetes, heart disease, and cancer.

Not all drinks are created equal and contain added sugars. Drinks, like 100% fruit juice and milk, contain "naturally occurring" sugar from the fruit. Water is naturally sugar free.

Choose 100% fruit or vegetable juice when fruit or veggies (raw, frozen, or canned) are not available. One cup (8 fl oz) of juice is equal to two servings of fruits or vegetables without the fiber, which we get from eating the fruit or vegetable itself. Foods containing fiber can improve digestion, lower cholesterol, help to maintain a healthy weight and lower your risk of diabetes, heart disease and some types of cancer.

If you're interested in learning how to find sugar and other nutrients to limit in food, sign up for one of our nutrition education virtual workshops. To learn more, contact us through the links below.

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