

**Think  
Your  
Drink**



IS YOUR DRINK  
THE SAME AS  
**CANDY?**



# Sugar Alert










This chart shows how many teaspoons of sugar are in 8 ounces of different drinks.



*A lunch-sized milk carton is 8 ounces.*

## TOTAL SUGAR

## ADDED SUGAR

	TOTAL SUGAR	ADDED SUGAR
WATER	0 tsp = 0 grams	0 tsp = 0 grams
MILK	 2 tsp = 8 grams	0 tsp = 0 grams
CHOCOLATE MILK	 6.5 tsp = 26 grams	 3.5 tsp = 14 grams
FRUIT DRINK	 4 tsp = 16 grams	 4 tsp = 16 grams
SPORTS DRINK	 5.25 tsp = 21 grams	 5.25 tsp = 21 grams
COLA	 6.5 tsp = 26 grams	 6.5 tsp = 26 grams

Milk contains natural sugar. It also contains calcium, protein, vitamin D, and other ingredients that your body needs.

Natural sugars are better for you than added sugars.



**WHAT DRINK CHOICES ARE THE BEST FUEL FOR YOUR BODY AND BRAIN?**

# Think Your Drink

Print this chart  
and track your  
drink choices!



Name \_\_\_\_\_

## Drink Tally

Water and milk are the best drink choices! Track what you drink by making a tally mark next to your drink choices.

Water & Milk 	• • • • • • • • •	• • • • • • • • •	Total
Other Drinks 	• • • • • • • • •	• • • • • • • • •	Total

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