

SUGAR COMPARISON



How many calories from sugar are in these drinks?

Processed Drink	Sugar Content	% of Daily Calories*
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16 oz. of Soda

=



50 g of Sugar

=

10%

200 calories from sugar



12 oz. of Orange Juice

=



32 g of Sugar

=

5%

128 calories from sugar



16 oz. of Pumpkin-flavored Frappuccino

=



65 g of Sugar

=

21%

260 calories from sugar



20 oz. of Sports Drink

=



36 g of Sugar

=

7%

144 calories from sugar

*Based on a diet of 2,000 calories per day.