



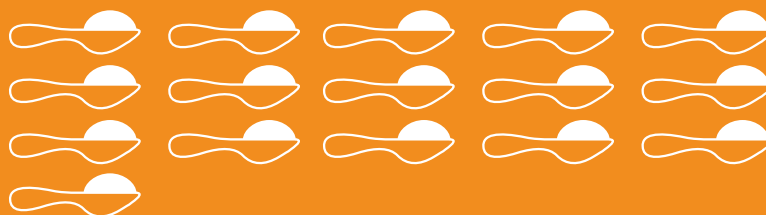
Children's<sup>SM</sup>  
Healthcare of Atlanta

# Drink More Water

Open your refrigerator and there's a good chance you'll find soda, juice, sweet tea, and more—all of the things kids go for. Children think they want soft drinks and other sugar-sweetened beverages, but their bodies actually crave water.

Do you know how much sugar is in your family's favorite 20-ounce drink?  
Use the chart below to think about the amount of sugar your family may be drinking.

**Light or Dark Soda** – 16 teaspoons of sugar



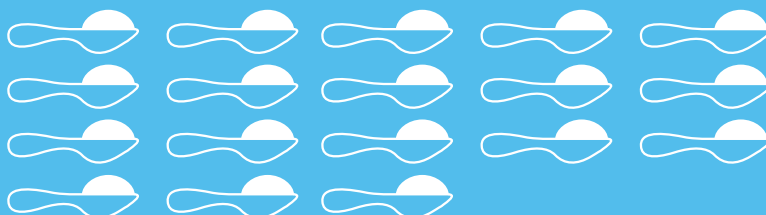
**Sports Drink** – 9 teaspoons of sugar



**Sweet Tea** – 14 teaspoons of sugar



**Fruit Drink** – 18 teaspoons of sugar



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