

# 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

15 teaspoons  
of sugar



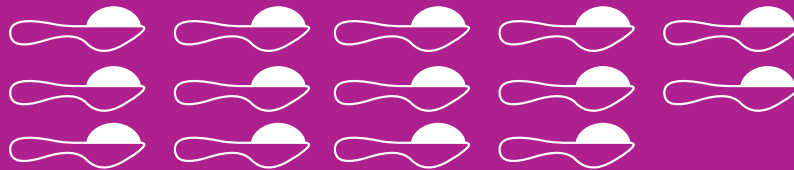
## SPORTS DRINK

8 teaspoons  
of sugar



## SWEET TEA

14 teaspoons  
of sugar



## FRUIT DRINK

18 teaspoons  
of sugar

