

Liquid Sugar

Drink	Size	Sugar grams=g teaspoon=tsp
Water	500 mL	0
White milk	250 mL	11g=3 tsp
Chocolate milk	250 mL	25g=6 tsp
Juice boxes (100% real juice, punch, cocktail)	200 mL	20-23g=5-6 tsp
Vitamin water	591 mL	32g=8 tsp
Specialty/iced coffees	414 mL	32-47g=8-12 tsp
Sport drinks	710 mL	39g=10 tsp
Can of pop	355 mL	40g=10 tsp
Energy drinks	473 mL	54-59g=14-15 tsp
Flavoured drinks (iced teas, lemonades)	691 mL	68g=17 tsp
Flavoured frozen drinks	1000 mL	108g=27 tsp

Nutrition Facts Valeur nutritive

Per 591 mL / par 591 mL

Amount
Teneur

% Daily Value
% valeur quotidienne

Calories / Calories 150

Fat / Lipides 0 g 0%

Sodium / Sodium 250 mg 11%

Potassium / Potassium 65 mg 2%

Carbohydrate / Glucides 38 g 13%

Sugars / Sucres 35 g

Protein / Protéines 0 g

Not a significant source of saturated fat, trans fat, cholesterol, fibre, vitamin A, vitamin C, calcium or iron.

Source négligeable de lipides saturés, lipides trans, cholestérol, fibres, vitamine A, vitamine C, calcium et fer.

4 grams
of sugar=
1 teaspoon!

Re-think your drink!

To help
prevent
cavities
choose
drinks
low in
sugar

Satisfy your
thirst choose
water first!
Refill your
water bottle.

Sugar
free!



HEALTH
DEPARTMENT

Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/oralhealth
Dial 311 (within regional limits)



If you require this information in an accessible format, contact 1-866-853-1326.

Healthy Mouth
Healthy YOU

