

What Did You Drink Today?

Capri Sun
1 pouch



7 tsp sugar
100 calories

Can of Red Bull
8.3 oz



7 tsp sugar
110 calories

Country Time
Lemonade- 12 oz



9 tsp sugar
130 calories

4C Ice Tea
12 oz



10 tsp sugar
150 calories

Bottle of Gatorade
20 oz



9 tsp sugar
125 calories

Vitamin Water
20 oz



9 tsp sugar
125 calories

Bottle of Juice
15.2 oz



10 tsp sugar
200 calories

Yoohoo
15.5 oz



10 tsp sugar
260 calories

Can of Soda
12 oz



11 tsp sugar
132 calories

Bottle of Snapple
Iced Tea-16 oz



12 tsp sugar
200 calories

Bottle of Soda
20 oz



17 tsp sugar
220 calories

Liter of Soda



59 tsp sugar
845 calories

Think Before You Drink!

Cornell Cooperative Extension is funded in part by Suffolk County through the office of Steve Levy, County Executive, and the County Legislature. Cornell Cooperative Extension in Suffolk County provides equal program and employment opportunities.