

# Be a Sugar Detective

How much sugar are you drinking?

Nutrition Facts	
Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	
	% Daily Value*
Total Fat	%
Sodium	%
Total Carbohydrate	%
Sugars	
Protein	%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Martinelli's** Apple Juice = 40g



**8 tsp. of sugar!**

**Horizon** Organic Chocolate Milk = 20g



**4 tsp. of sugar!**

**Vitamin Water Zero** = 0g

It's sweetened with the Stevia leaf.

**0 tsp. of sugar!**

WHAT TO LOOK FOR:

**SUGAR**

5 grams = 1 teaspoon  
or 25 calories

CHECK FOR:

- servings per container
- serving size
- sugar per container

Fill in the information for your favorite drink.

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368 North Kanan Rd.  
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**Wood Ranch**  
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