

## Sugar content in common drinks

Some healthy drinks naturally contain sugar but can be included in a healthy diet because they are high in a variety of important nutrients. We can judge a food or drink by the nutrients it offers and not just its sugar content.

Drink	Sugar in teaspoons	What it provides
Water	0 teaspoons	Fluid
Breast milk (1 cup or 250 mL)	3 teaspoons natural sugar	All the nutrition an infant needs, plus many other benefits
Infant Formula (1 cup or 250 mL)	3 teaspoons natural sugar	Nutrition for the infant but no immune factor benefits
Homo, 2%, 1% milk (1 cup or 250 mL)	3 teaspoons natural sugar	Calcium, Vitamins A, D riboflavin & B12, protein
Chocolate milk (1 cup or 250 mL)	5 teaspoons some natural sugar and some added sugar	Calcium, Vitamins A, D riboflavin & B12, protein
Flavored soy beverage fortified with Calcium and Vit D (1 cup or 250 mL)	4 -5 teaspoons some natural sugar and some added sugar	Calcium, Vitamins A, D riboflavin & B12, protein
100% orange juice, unsweetened (1 cup or 250 mL)	4 teaspoons natural sugar	Vitamin C, folic acid & potassium
Fruit flavored beverage/punch (200 mL tetra pak)	6 teaspoons added sugar	May contain Vitamin C But high in sugar
Vegetable Juice Cocktail Or tomato juice (1 cup or 250 mL)	2 $\frac{1}{2}$ teaspoons natural sugar	Vitamin A, Vitamin C, potassium
Diet pop, 1 can (355 mL or 1.5 cups)	0 teaspoons contains artificial sugar	No Nutrition
Regular pop, 1 can (355 mL or 1.5 cups)	10 teaspoons added sugar	High in sugar only No nutrition
Ice slush (500 mL or 2 cups)	12 teaspoons added sugar	High in sugar only No nutrition
Sports Drinks Gatorade, Powerade (591 mL or 2 $\frac{1}{3}$ cups)	13 teaspoons added sugar	High in sugar only No nutrition except potassium which you can get in other foods. Plus, it is too high in salt (sodium)
Coffee (1 cup or 250 mL)	0 teaspoons sugar	Caffeine
Tea (1 cup or 250 ml)	0 teaspoons sugar	Caffeine