

How Much Sugar and How Many Calories Are in Your Favorite Drink?



Drink (12-ounce serving)	Grams of Sugar	Approximate Number of Teaspoons of Sugar*	Calories
Bottled Water	0 grams	0 teaspoons	0
Ginger Ale	25 grams	6¼ teaspoons	90
Diet Ginger Ale	0 grams	0 teaspoons	0
Cola	41 grams	10¼ teaspoons	150
Diet Cola	0 grams	0 teaspoons	0
Root Beer	46 grams	11½ teaspoons	170
Orange Soda	52 grams	13 teaspoons	210
Powdered Drink With Sugar	36 grams	9 teaspoons	145
Sugar-Free Powdered Drink	0 grams	0 teaspoons	0
Grape Juice	32 grams	8 teaspoons	150
Orange Juice	20 grams	5 teaspoons	105
Mango Nectar	50 grams	12½ teaspoons	230
Guava Nectar	48 grams	12 teaspoons	240
Fruit Punch	46 grams	11½ teaspoons	195
Iced Tea	33 grams	8¼ teaspoons	120
Sports Drink	8½ grams	2 teaspoons	75
Energy Drink (8 ounces)	25 grams	6¼ teaspoons	190
Chocolate Drink (6.5 ounces)	22 grams	5½ teaspoons	110

* 1 teaspoon = 4 grams of sugar