



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



Non-alcoholic Beverages			
Drink (12-ounce serving)	Sugar* (grams)	Sugar (teaspoons)	Calories
water	0 grams	0 teaspoons	0
unsweetened tea	0 grams	0 teaspoons	0
diet cola	0 grams	0 teaspoons	0
iced coffee, 2% milk, unsweetened	2 grams	½ teaspoon	25
light lemonade	7½ grams	1⅞ teaspoons	37
café latte, whole milk	14 grams	3½ teaspoons	180
sports drink	21 grams	5¼ teaspoons	80
sweet tea	32 grams	8 teaspoons	120
powdered drink mix with sugar	33 grams	8¼ teaspoons	135
fruit punch	38⅞ grams	9⅝ teaspoons	168
lemonade	42 grams	10½ teaspoons	180
blended cold coffee drink, whole milk, caramel and chocolate syrup, whipped cream	44 grams	11 teaspoons	350
orange soda	44 grams	11 teaspoons	160
root beer	45 grams	11¼ teaspoons	160
grape juice	54 grams	13½ teaspoons	210
Alcoholic Beverages**			
1.5 ounces of 80-proof distilled spirits or liquor (40% alcohol content)			97
5 ounces of wine (12% alcohol content)			128
8 ounces of malt liquor (7% alcohol content)			139
12 ounces of beer (5% alcohol content)			155

* There are two types of sugar in food: naturally occurring and added sugar. Fruits and milk have naturally occurring sugar. Sodas and sports drinks have added sugar. People with diabetes should limit all drinks with a lot of sugar, naturally occurring and added.

** Alcoholic beverages have no or very little sugar.