



Think Before You Drink: Sweeteners in Drinks

Guess how many teaspoons of sugar are in each drink.

Drink	Teaspoons of Sugar	
	My Guess	True Amount
 Fruit-flavored drink, powdered, reconstituted	_____	_____
 Sparkling water	_____	_____
 Grapefruit juice	_____	_____
 Soft drinks	_____	_____
 Lemonade, fruit-flavored drink	_____	_____
 Iced tea	_____	_____
 Unsweetened coconut water	_____	_____