

# Reading between the lines

## How much sugar is in your drink?

1. Find sugar on label.
2. Locate serving size. If container has more than 1 serving, multiply sugar by number of servings.

### Maximum daily sugar limits:

Children under 2 years, no added sugars  
Children ages 2 – 18 years, less than 24 grams  
Adult women, 24 grams  
Adult men, 36 grams

**One sugary drink alone is 2 to 4 times your daily limit!**

But, did you know...  
Your body needs **ZERO** sugar



### What does that look like?

\*About 4 grams of sugar (g) = 1 teaspoon of sugar



grams of sugar (g) ÷ 4 = teaspoons of sugar

### In this example:

65g ÷ 4 = 16.25 teaspoons of sugar in an average 20oz. bottle of soda



**That's a lot of sugar! You wouldn't eat this much sugar.**

**Why would you drink it?**

