

## Rethink Your Drink

Drinks:	Size	grams of sugar =	tsp. of sugar	Try this <i>Crystal Light</i> or <i>Great Value</i> Flavor!
Welch's 100% Grape Juice	10 oz.	52	13	Great Value Grape
Sunkist	12 oz.	50	12.5	Classic Orange
Mt. Dew	12 oz.	46	12	Citrus Splash
Ocean Spray 100% Orange Juice	15.2 oz.	42	10.5	
Land O' Lakes Chocolate Milk	12 oz.	39	10	
Coke/Sprite	12 oz.	38	10	
Bug Juice	10 oz.	35	9	Raspberry Ice
Sunny D	16 oz.	36	9	Strawberry-Orange-Banana
Gatorade	20 oz.	34	8.5	Fruit Punch
100% Apple Juice	6.75 oz.	22	5.5	Cranberry-Apple
Kool-Aid Jammers	6 oz.	19	4.75	Cherry Pomegranate
Motts Apple 40% Less Sugar	6.75 oz.	13	3.25	
G2	20 oz.	12	3	
Water	any	0	0	
Crystal Light	any	0	0	
Mio	any	0	0	
Sugar-Free Kool-Aid	any	0	0	



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