



AUBURN PHARMACY

SUGAR



Did you Know?

- Toddlers consuming 1,200 to 1,400 calories shouldn't consume more than 16 grams of added sugar daily.
- Children ages 4-8 consuming 1,600-1,800 calories daily shouldn't consume more than 12 grams of added sugar daily due to higher nutritional requirements within the allotted calories.
- Pre-teens through adults consuming 1,800 to 2,000 calories daily should not consume more than 24 grams of added sugar daily.

Rethink Your Drink

Do you know how much sugar you consume each day? Drinking 8 ounces of a sugar sweetened drink each day for a year is equivalent to over 50,000 calories, or nearly 15 pounds per year!

Bacteria use sugar as energy. This means the plaque grow in size and thickness and use other sugars as glue to stick to the surface of teeth, greatly increasing the chance of cavities!

A 20 ounce soda can have over 70 grams of sugar, well over the recommended daily amount for anyone, and as much as 3 Snickers candy bars!

How much sugar is in your drink?

Amount of sugar is in each 16 ounces of drink.

Mountain Dew	62 grams
Chocolate Milk	54 grams
Coca Cola	52 grams
Apple Juice	51 grams
Sprite	51 grams
Orange Juice	45 grams
Lemonade	45 grams
Capri Sun	41 grams
Gatorade	27 grams
White Milk	22 grams
G2 Gatorade	10 grams
Propel	4 grams
Mio	0 grams
Crystal Light	0 grams
Flavored Water	0 grams

How Sugar Affects Your Body



Healthier Options

- * Especially for toddlers and children, mix $\frac{1}{4}$ juice and $\frac{3}{4}$ water for the same flavor but much less sugar.
- * Try G2 Gatorade, Crystal Light, Mio type additives, or Propel to replace other sweetened drinks.
- * Make a fruit smoothie with no added sugar by putting fruit near expiration in the freezer to use at a later date. Although the fruit has sugar, it will have no added sugar.
- * Drink carbonated water with flavoring instead of soda.
- * Drink coffee black rather than adding cream and sugar.

References: Journal of the American Heart Association
American Journal of Clinical Nutrition
Delta Dental
Centers for Disease Control and Prevention
Livestrong
NurseSarahKeepsitReal.com

*Sugar may vary slightly depending on flavor and brand.