How Much Sugar is in Your Drink?

4 grams = 1 teaspoon

Energy Drink 62 grams 15.5 teaspoons

Slurpee 208 grams 52 teaspoons

Diet Soda 0 grams 0 teaspoons

Regular Soda (12 oz) 39 grams 9.75 teaspoons

Chocolate Milk 56 grams 14 teaspoons

Water 0 grams 0 teaspoons

100 % fruit Juice 28 grams 7 teaspoons

Sports Drink 53 grams 13.25 teaspoons

Coffee Drink 31 grams 7.78 teaspoons

Regular Soda (20 oz) 65 grams 16.25 teaspoons