

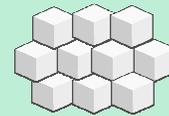


CITY OF SAN ANTONIO  
METROPOLITAN HEALTH DISTRICT

# SUGAR ALERT!

## How much sugar is in your drink?

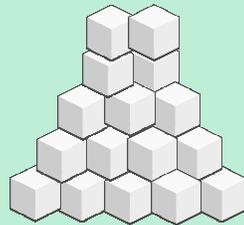
Your daily limit of added sugar is 10 teaspoons  
from all foods and drinks combined!



 = 1 teaspoon (tsp) = 1 packet of sugar = 4 grams

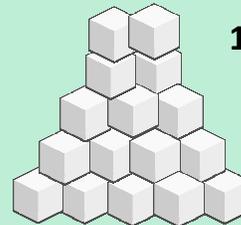


20 oz. Soda  
16 teaspoons  
(65 grams)

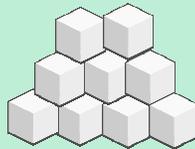


16 oz. Energy Drink

16 teaspoons  
(62 grams)

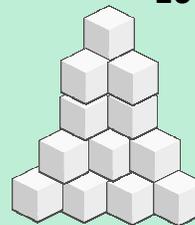


20 oz. Sports Drink  
9 teaspoons  
(34 grams)

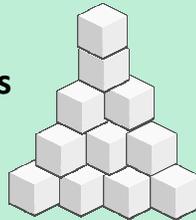


16 oz. Flavored Coffee

12 teaspoons  
(48 grams)

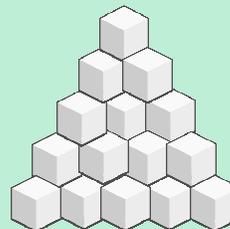


20 oz. Sweet Tea or Frozen  
Drink  
11 teaspoons  
(44 grams)

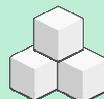


16 oz. Milkshake

15 teaspoons  
(60 grams)



6 oz. Juice Drink  
3 teaspoons  
(13 grams)



## Viva Health!

Drink water, not sugary drinks.

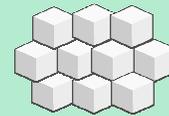


CITY OF SAN ANTONIO  
METROPOLITAN HEALTH DISTRICT

# SUGAR ALERT!

## How much sugar is in your food?

Your daily limit of added sugar is 10 teaspoons  
from all foods and drinks combined!

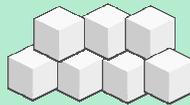


 = 1 teaspoon (tsp) = 1 packet of sugar = 4 grams



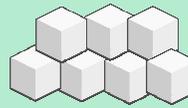
Chocolate-Coated Candies  
(standard size, 1.7 oz.)

7 teaspoons  
(30 grams)



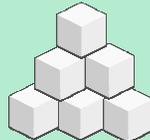
1 cup Ice Cream

7 teaspoons  
(28 grams)



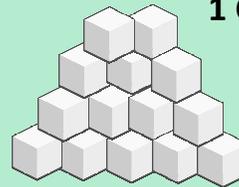
Chocolate Bar  
(standard size, 1.55 oz.)

6 teaspoons  
(24 grams)



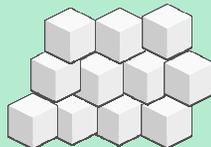
1 Cinnamon Roll

14 teaspoons  
(55 grams)



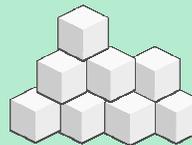
Fruit-Flavored Candies  
(standard size, 2.17 oz.)

11 teaspoons  
(46 grams)



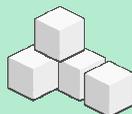
1 Large Muffin

8 teaspoons  
(30 grams)



3 Packaged Cookies

4 teaspoons  
(14 grams)



## Viva Health!

Metro Health



[www.sanantonio.gov/VivaHealth](http://www.sanantonio.gov/VivaHealth)



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