

Sugary Drinks: Understanding the Nutrition Facts Panel

Serving size

If more than one serving is listed, remember that the nutrition information must be multiplied. This drink has two 8-ounce servings so it contains twice many calories (220) and twice as much sugar and sodium as is listed on the panel.

5% FRUIT JUICE

Nutrition Facts	
Serving Size 8 oz (177mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 28g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

% Juice

Tells you what percent of the drink is actual fruit juice. Most fruit drinks have 10% juice or less, meaning almost all sugar is “added sugar”. As you can see from the ingredients list, there is much more high fructose corn syrup than naturally-occurring sugar from fruit juice in this drink.

Sugar

Be mindful of how much sugar is in sugary drinks. 4 year olds should have no more than 15 grams of added sugar *per day*. Even a typical 15 year old boy should have no more than 33 grams per day.

Vitamins & minerals

Many sugary drinks have added nutrients. This drink probably has a claim on the front saying “100% DV Vitamin C”. There is no need to drink sugary drinks to get nutrients- whole fruits are a great source of vitamins and minerals and have much less sugar.

Artificial colors

Many sugary drinks contain artificial colors. The FDA approves these colors, but foods with them are usually highly processed and not healthy. Look for **Red 40, Blue 1, Yellow 5 and 6, and Caramel Color** to know if your drink has them.

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP AND 2% OR LESS OF EACH OF THE FOLLOWING: CONCENTRATED JUICES (APPLE, ORANGE, PINEAPPLE), RED 40, BLUE 1, CARAMEL COLOR, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, SODIUM, ASCORBIC ACID (VITAMIN C), SUCRALOSE.

Artificial sweeteners

Even drinks high in sugar may contain artificial sweeteners. Always check the ingredient list for **sucralose, aspartame, or acesulfame potassium** to know if the drink has them.

