

# What's *Really* in Sugary Drinks?

## INGREDIENTS DECODED

Many sugary drinks contain more than just sugar. Other ingredients may include zero-calorie sweeteners, artificial colors, and preservatives. This document is designed to help you navigate the ingredient lists on sugary drinks.

### Common Zero-Calorie Sweeteners

- Acesulfame Potassium
- Aspartame
- Sucralose
- Stevia/Rebiana

### Why avoid zero-calorie sweeteners?

Most foods and drinks that contain these ingredients are highly processed with minimal nutritional value. Although sugary drinks with zero-calorie sweeteners may be low in calories, they provide no necessary nutrition to children's diets.

### Sugar in Disguise

There are many forms of sugar, many of which you have probably never heard of. Be on the lookout for these forms of sugar hiding in the list of ingredients.



### The many names of Sugar

- Sugar
- High Fructose Corn Syrup
- Fruit Juice Concentrate
- Corn Syrup
- Fructose
- Sucrose
- Glucose
- Crystalline Fructose
- Cane Sugar
- Honey
- Molasses

### Keep in mind

Diet and light/lite drinks aren't the only ones with zero-calorie sweeteners. These sugary drinks also contain them:

- Capri Sun Roarin' Waters
- Sunny D
- Tum-E Yummies

**Keep reading for a closer look at some sugary drink ingredient labels...**

What's really in this sugary drink?

Ingredient list: decoded

## Capri Sun Roarin' Waters



**Ingredients:** Water, high fructose corn syrup, citric acid, sucralose, natural flavor.

Ingredient	Translation
Water	
High Fructose Corn Syrup	Sugar
Citric Acid	Natural Preservative
Sucralose	Zero-Calorie Sweetener
Natural Flavor	

**Simplified ingredient list:** Water, sugar, preservatives, flavors, and a zero-calorie sweetener.

# What's really in this sugary drink?

## Ingredient list: decoded

### Sunny D Chillers

**Ingredients:** Water, Corn Syrup and 2% or less of each of the following: Concentrated Juices (Orange, Apple, Grapefruit, Tangerine, and Lime), Natural and Artificial Flavors, Citric Acid, Malic Acid, Ascorbic Acid, Thiamin Hydrochloride, Modified Cornstarch, Canola Oil, Cellulose Gum, Sucralose, Sodium Hexametaphosphate, Potassium Sorbate to protect flavor, Red #40.

Ingredient	Translation
Water	
Corn Syrup	Sugar
Concentrated Juices	Sugar
Natural and Artificial Flavors	
Citric Acid	Natural Preservative
Malic Acid	Flavor Enhancer
Ascorbic Acid	Vitamin C
Thiamin Hydrochloride	Vitamin B1
Modified Cornstarch	Emulsifier/Stabilizer
Canola Oil	
Cellulose Gum	Thickener/Stabilizer
Sucralose	Zero-Calorie Sweetener
Sodium Hexametaphosphate	Preservative
Potassium Sorbate	Preservative
Red #40	Artificial Color



**Simplified ingredient list:** Water and sugar, 5% juice, added vitamins, two stabilizers, three preservatives, a zero-calorie sweetener, and an artificial color.

# What's really in this sugary drink?

## Ingredient list: decoded

### Tum-E Yummies

**Ingredients:** Filtered Water, High Fructose Corn Syrup, Natural Flavor, Citric Acid, Ascorbic Acid, Potassium Sorbate and Potassium Benzoate, Sucralose, Calcium Disodium EDTA, Pyridoxine Hydrochloride, Gum Acacia, Cyanocobalamin, Glycerol Ester of Wood Rosin, EFD&C Blue #1.



Ingredient	Translation
Water	
High Fructose Corn Syrup	Sugar
Natural Flavor	
Citric Acid	Natural Preservative
Ascorbic Acid	Vitamin C
Potassium Sorbate and Potassium Benzoate	Preservatives
Sucralose	Zero-Calorie Sweetener
Calcium Disodium EDTA	Preservative
Pyridoxine Hydrochloride	Vitamin B6
Gum Acacia	Emulsifier/Stabilizer
Cyanocobalamin	Vitamin B12
Glycerol Ester of Wood Rosin	Emulsifier/Stabilizer
EFD&C Blue #1	Artificial Color

**Simplified ingredient list:** Water and sugar, added vitamins, two stabilizers, four preservatives, a zero-calorie sweetener, and an artificial color.

# What's really in this drink?

## Ingredient list: decoded

### Water Fruits

**Ingredients:** Filtered Water, Juice From Concentrate (Filtered Water Sufficient to Reconstitute Apple Juice, Coconut Water, Strawberry Juice, and Raspberry Juice Concentrates), Cane Sugar, Natural Flavors, Citric Acid, Vitamin C, Potassium Citrate.

Ingredient	Translation
Filtered Water	
Juice from Concentrate	Juice
Cane Sugar	Sugar
Natural Flavors	
Citric Acid	Natural Preservative
Vitamin C	
Potassium Citrate	Salt, Acidity Regulator



**Simplified ingredient list:** Water, juice, sugar, and a preservative.

Did you notice this drink is a healthier option than the previous drinks? This drink contains minimal added sugars and no zero-calorie sweeteners or artificial colors.