

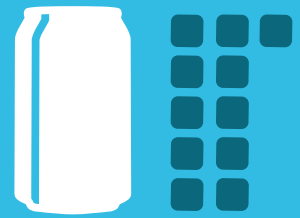
# are you drinking? sugar



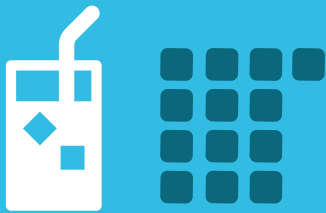
juice box  
24g of sugar



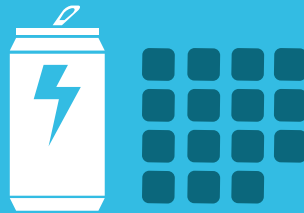
sports drink  
34g of sugar



can of soda  
44g of sugar



large soda  
51g of sugar



energy drink  
60g of sugar



large sweet tea  
71g of sugar



National  
Aboriginal  
Diabetes  
Association

Association  
Nationale  
Autochtone  
Diabète

■ = 1 teaspoon or 4 grams of sugar