

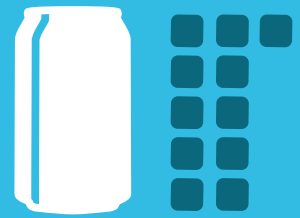
are you drinking? sugar



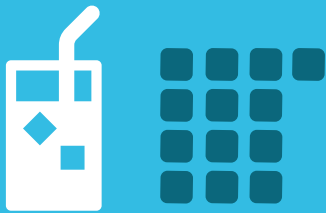
juice box
24g of sugar



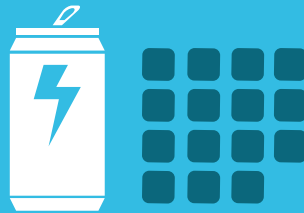
sports drink
34g of sugar



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