

# HOW MUCH SUGAR?



## WATER

No sugar



## MILK

3 teaspoons in  
one 8 ounce serving



## FRUIT JUICE

Up to 5 teaspoons in  
1 cup



## FRUIT SNACKS

5 teaspoons in  
one 23 gram pouch



## APPLE SAUCE

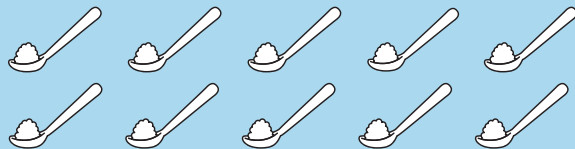
6 teaspoons in one 4  
ounce container



## COLA



Up to 10 teaspoons in  
one 12 oz can



Drinking and eating sugary drinks and snacks can cause cavities. Rinse your mouth with water after consuming sugary drinks and snacks.