

HOW MUCH SUGAR?



WATER

No sugar



JUICE

Up to 5 teaspoons in
1 cup



ICE CREAM

Up to 7 teaspoons in
one 5 oz (1 scoop)
serving



BLENDED COFFEE DRINK

6 teaspoons in one 4
ounce container



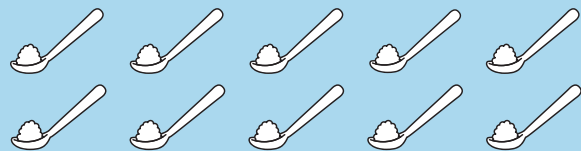
TRAIL MIX

10 teaspoons in one
serving (1/2 cup of trail mix)



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.