

**6 ounces
Sports Drink**



**6 ounces
Regular Cola (Soda)**



**6 ounces
White Milk (1%)**



**6 ounces
Chocolate Milk (1%)**



**6 ounces
Plain Water (tap or
bottled)**



**6 ounces
Strawberry Milk (1%)**



**6 ounces
100% Orange Juice**



**6.75 ounces
Fruit Punch (juice box)**



Answer Key:

Drink	Grams of Sugar	Teaspoons of Sugar
6 oz. plain water	0	0
6 oz. white milk (1%)	9	2-1/4
6 oz. sports drink	10.5	2-5/8
6 oz. 100% orange juice	16.5	4
6 oz. chocolate milk (1%)	18	4-1/2
6 oz. regular cola (soda)	20	5
6.75 oz. fruit punch juice box	24	6
6 oz. strawberry milk (1%)	24	6

