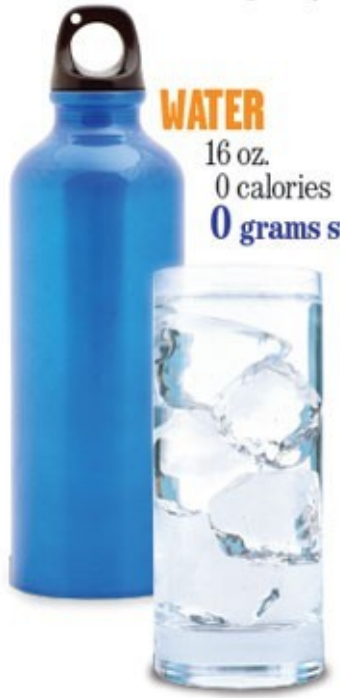
SUGAR SHOCKERS®

Drink Water
instead of Sugary Drinks



WATER
16 oz.
0 calories
0 grams sugar

100% JUICE SMOOTHIE
15.2 oz. bottle ▲ 300 calories

60 grams sugar

LEMON-LIME SODA*
20 oz. bottle ▲ 285 calories

77 grams sugar

ORANGE SODA*
20 oz. bottle ▲ 325 calories

85 grams sugar

COLA* WITH ICE
44 oz. cup ▲ 510 calories
38 oz. cola, 6 oz. ice

128 grams sugar

ICED COFFEE* MOCHA FLAVOR
9.5 oz. bottle ▲ 180 calories

31 grams sugar

SPORTS DRINK*
20 oz. bottle ▲ 125 calories

35 grams sugar

SWEETENED ICED TEA*
16 oz. bottle ▲ 140 calories

36 grams sugar

ENERGY DRINK*
15 oz. can ▲ 200 calories

54 grams sugar

100% ORANGE JUICE
8 oz. glass ▲ 110 calories

21 grams sugar

CHOCOLATE SKIM MILK*
8 oz. glass ▲ 145 calories

23 grams sugar

100% APPLE JUICE
8 oz. glass ▲ 115 calories

27 grams sugar

CRANBERRY JUICE COCKTAIL*
8 oz. glass ▲ 120 calories

30 grams sugar

COFFEE
8 oz. cup ▲ 0 calories

0 grams sugar

VEGETABLE JUICE
8 oz. glass ▲ 50 calories

8 grams sugar

PLAIN SOY MILK*
8 oz. glass ▲ 120 calories

8 grams sugar

SKIM MILK
8 oz. glass ▲ 90 calories

12 grams sugar

* Contains added sugar. Dietary guidelines recommend consuming no more than 10% of daily calories from added sugar. Sugar in milk and most juices are naturally occurring and do not contribute added sugar.
One sugar cube = 2.5 grams of sugar. NOTE: Nutrition information based on typical values for drinks shown and may vary by brand or manufacturer. The number of sugar cubes pictured are rounded to the nearest whole cube.

SUGAR SHOCKERS™ FOODS

Compare
Nutrition Facts Labels
to find the lowest sugar content

Nutrition Facts

Serving Size: 1/2 cup (114g)
Servings per Container: 4

Amount Per Serving

Calories 90	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	

Vitamin A	80%	Vitamin C	60%
Calcium	4%	Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
	Less than	20g	25g

One sugar cube = 2 grams of sugar
NOTE: Nutrition information based on typical values for foods shown and may vary by brand or manufacture.

TOASTER PASTRY
1 strawberry | 52 g
▲ 200 calories
16 grams sugar

OAT BRAN CEREAL
1 cup ▲ 270 calories
20 grams sugar

FLAVORED YOGURT
6 ounces strawberry
▲ 170 calories
26 grams sugar

FRUIT RINGS CEREAL
1 cup | 29 g ▲ 110 calories
12 grams sugar

BAKED BEANS
1/2 cup | 130 g ▲ 140 calories
12 grams sugar

INSTANT OATMEAL
1 packet maple brown sugar | 43 g ▲ 160 calories
13 grams sugar

FRENCH DRESSING
2 Tbsp. creamy ▲ 160 calories
11 grams sugar

SPAGHETTI RINGS
1 cup ▲ 170 calories
11 grams sugar

SWEETENED SHREDDED WHEAT CEREAL
1 cup | 54 g ▲ 190 calories
11 grams sugar

TOMATO SOUP
1 cup prepared ▲ 90 calories
12 grams sugar

KETCHUP
2 Tbsp. | 34 g ▲ 40 calories
8 grams sugar

GRANOLA
1/2 cup | 48 g ▲ 200 calories
10 grams sugar

BARBECUE SAUCE
2 Tbsp. | 36 g ▲ 50 calories
11 grams sugar

CEREAL BAR
1 mixed berry bar | 37 g
▲ 120 calories
11 grams sugar

FROZEN PIZZA
1/5 supreme pizza | 130 g
▲ 300 calories
5 grams sugar

MACARONI & CHEESE
2.5 oz. | 1/3 box ▲ 260 calories
6 grams sugar

SPAGHETTI SAUCE
1/2 cup | 125 g ▲ 80 calories
7 grams sugar

CHEWY GRANOLA BAR
1 bar | 24 g ▲ 100 calories
7 grams sugar

FROZEN WAFFLES
2 buttermilk waffles
▲ 190 calories
2 grams sugar

PEANUT BUTTER
2 Tbsp. creamy ▲ 190 calories
3 grams sugar

WHOLE GRAIN BREAD
1 slice | 43 g ▲ 120 calories
4 grams sugar

WHEAT CRACKERS
16 pieces | 31 g ▲ 140 calories
4 grams sugar