# How much sugar is in your drink? 

## Sugar Grams $\div 4=$ Teaspoons of Sugar

## Soda <br> Nutrition Facts

Serving Size 1 bottle - $20 \mathrm{fl} \mathrm{oz}(591 \mathrm{~mL})$

## Amount Per Serving

Calories 258
Calories from Fat 0

|  | \% Daily Value* |
| :--- | ---: |
| Total Fat 0 g | $0 \%$ |
| Sodium 25 mg | $1 \%$ |
| Total Carbohydrate 63 g | $20 \%$ |

Sugars 60 g
Protein 0 g
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.


## Choose health. Drink water.



This material was produced by the California Department of Public Health's Nutrition Education and
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