























# The Hidden Added Sugar in Drinks

The Dietary Guidelines for Americans recommends that people consume no more than 10% of their daily calories from added sugar, which equals about 50 grams a day. But many of today's popular drinks are full of added sugars, with flavored milk, soda, and sports drinks being some of the top contributors.

In this sample day, just two sugary drinks can nearly double your recommended added sugar limit!

BREAKFAST	+	LUNCH	+	SNACK	+	DINNER	+	DESSERT	=	TOTAL
 12g		 4g		 0g		 5g		 11g		49g ADDED SUGAR FROM FOOD
 0g		 13g		 4g		 0g				
		 20g		 21g						41g ADDED SUGAR FROM DRINKS
										90g TOTAL ADDED SUGAR

By swapping out a sports drink and flavored milk with drinks like water or plain, pasteurized milk (which have no added sugars and are recommended for a healthy diet), you can significantly reduce your added sugar intake.

BREAKFAST	+	LUNCH	+	SNACK	+	DINNER	+	DESSERT	=	TOTAL
 12g		 4g		 0g		 5g		 11g		49g ADDED SUGAR FROM FOOD
 0g		 13g		 4g		 0g				
		 0g		 0g						0g ADDED SUGAR FROM DRINKS
										49g TOTAL ADDED SUGAR

Check the nutrition labels to see how many grams of added sugars may be hiding in your drinks. Review the ingredients list for any non-sugar sweeteners like saccharin, aspartame, acesulfame-k, sucralose, neotame, advantame, steviol glycosides, monk fruit, and thaumatin.

