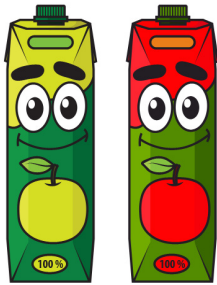




**ORAL HEALTH KANSAS**

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## Tips and Tricks: Tiny Drinks Big Sugar



Parents, child care providers and kids are drawn to the convenience of the small 6.75 ounce juice drinks complete with a straw that can be used at snack, lunch box or mealtime drink. The boxes are attractive – bright colors with promises of 100% real juice and vitamins. The messages convey the idea that the juices are healthy choices.



A closer look at the sugar content of these boxed drinks tells a different story. Drinking too many of these tiny drinks can contribute to tooth decay and obesity.

Here is the fact: 4 grams of sugar (carbohydrate) = 1 teaspoon of sugar.

A recent shopping trip to the juice aisle at the grocery store provided the following samples of juice drinks in boxes or pouches.

Sugar Content of 6.75 ounce drink	Total grams = # Teaspoons of sugar
1. Market Pantry 100% Berry juice	27 grams = 6.75
2. Nestle Orange Tangerine 100% juice	26 grams = 6.50
3. Hi C Fruit Punch	25 grams = 6.25
4. Kool Aid Burst	25 grams = 6.00
5. Capri Sun Grape Tide 100% Juice	23 grams = 5.75
6. Nestle Grape Juicy Juice	23 grams = 5.75
7. Minute Maid 100% Apple Juice	22 grams = 5.50
8. Honest Kids	10 grams = 2.50

**The message to parents, child care providers and kids.  
Be a smart shopper! Choose drinks with less sugar.  
It's good for your teeth and your body.**

Kathy Trilli, RDH, ECP II, MSED 2011.