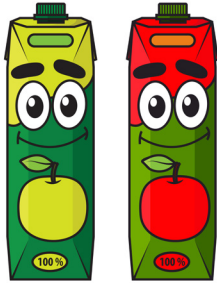




ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

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. Nestle Orange Tangerine 100% juice	26 grams	=	6.50
2. Hi C Fruit Punch	25 grams	=	6.25
3. Kool Aid Burst-Berry Blue	23 grams	=	5.75
4. Nestle Grape Juicy Juice	23 grams	=	5.75
5. Motts 100% Apple Juice	23 grams	=	5.75
6. Apple & Eve 100% Juice, Very Berry	21 grams	=	5.25
7. Honest Kids Super Fruit Punch	9 grams	=	2.25

**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