

Sugar

The facts about your favorite foods and drinks!

Sugar has been linked to the development of obesity, diabetes and heart disease. It is important to limit your sugar intake to help prevent weight gain that can lead to the development of chronic diseases. Women should eat no more than 28 grams of sugar per day, and no more than 36 grams for men. Some of your favorite drinks include large amounts of sugar. Included are some examples of popular beverages and their sugar contents as well as some healthier alternatives to choose from.

Starbucks



Java Chip Frappuccino no whipped cream

240 calories
4.5g total fat
50g carbs
47g sugar

Iced flavored latte w/ whole milk

158 calories
4g total fat
23g carbs
21g sugar

VS

Iced skinny flavored latte with nonfat milk

60 calories
0g total fat
9g carbs
7.5g sugar

Bold Pick of the Day Brewed Coffee

5 calories
0g total fat
0g carbs
0g sugar

Tip: Opt to make your drink “skinny” to enjoy a low-sugar, low-fat drink.

Energy Drinks

Many popular energy drinks can contain large amounts of sugar. Rockstar Energy Drink contains 62 grams, Red Bull contains 27 grams and Arizona Rx Energy contains 83 grams of sugar. There are some lower sugar energy drink alternatives but they usually contain artificial sweeteners. Monster Lo-Carb contains only 6 grams of sugar. Another energy option is Glaceau Vitamin Water 10—Revitalize Green Tea which contains only 8 grams of sugar.



Smoothies are thought of as a healthy snack or meal alternative. However, Smoothie King’s smoothies often contain high amounts of sugar. Their smoothies are made with a raw sugar, turbinado. You can opt to make your smoothie “skinny” with less turbinado; however, they can still contain high amounts of sugar. Below are some examples:



20 oz. Caribbean Way

395 calories
89g sugar

Make it Skinny:
295 calories
66 grams sugar

20 oz. Orange Ka-Bam

465 calories
108g sugar

Make it Skinny:
365 calories
85 grams sugar

A healthy alternative is the Shredder—Vanilla, which contains only 283 calories and 12 grams of sugar.

Yogurt

VS

Yoplait
Original 99%
fat free,
Lemon Burst

180 calories
5g protein
31g sugar

Yoplait Thick
and Creamy
Yogurt,
Strawberry

180 calories
7g protein
28g sugar

StonyField
Greek Yogurt,
Vanilla

110 calories
15g protein
12g sugar

Fage, plain
Greek yogurt

150 calories
20g protein
8g sugar



Tip: Make your own fruity yogurt by using plain, non-fat yogurt and adding fresh fruit to sweeten it.

Energy Bars



Cliff Bar: Chocolate Chip

240 Calories
23g Sugar
10g Protein



Power Bar: Chocolate Peanut Butter

240 Calories
26g Sugar
9g Protein

VS



Luna Bar: Chocolate Dipped Coconut

190 Calories
11g Sugar
9g Protein