# 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 vour 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.

Sugar 2014



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

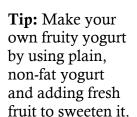
180 calories 7g protein 28g sugar

#### StonyField Greek Yogurt, Vanilla

110 calories 15g protein 12g sugar

#### Fage, plain Greek yogurt

150 calories 20g protein 8g sugar



#### **Energy Bars**



#### Cliff Bar: Chocolate Chip

240 Calories23g Sugar10g Protein



#### Power Bar: Chocolate Peanut Butter

240 Calories26g Sugar9g Protein





## Luna Bar: Chocolate Dipped Coconut

190 Calories 11g Sugar 9g Protein

