

## Soft Drinks and School-Age Children

# Are All Soft Drinks Created Equal?

Soft drinks include soda, fruit-flavored and part-juice drinks and sports drinks. Advertisers often try to convince us that soft drinks other than soda are healthier choices. Take a look at the sugar content of these soft drinks and you be the judge. While some of the soft drinks may contain added vitamin C, calcium or other nutrients, it is not enough to offset the high sugar content of these drinks. Note that many soft drink containers have multiple servings despite the fact that they are marketed as single-serving containers. Information was obtained from the Nutrition Facts labels of individual soft drinks.

Soft Drink	Container Size (ounces)	Serving Size (ounces)	Servings/Container	Per Serving			Per Container		
				gm. sugar	tsp. sugar	calories	gm. sugar	tsp. sugar	calories
7-up	20	8	2.5	26.0	6.5	100	65.0	16.3	250
7-up	12	12	1	39.0	9.8	140	39.0	9.8	140
Capri Sun - Big Pouch (Dragonfruit)	11.25	11.25	1	44.0	11.0	170	44.0	11.0	170
Capri Sun (Orange)	6.75	6.75	1	25.0	6.3	100	25.0	6.3	100
Coca-Cola	20	8	2.5	27.0	6.8	100	67.5	16.9	250
Coca-Cola	12	12	1	39.0	9.8	140	39.0	9.8	140
Coca-Cola	10	10	1	33.0	8.3	120	33.0	8.3	120
Country Time Lemonade	20	8	2.5	24.0	6.0	90	60.0	15.0	225
Crush (Orange)	20	8	2.5	34.0	8.5	120	85.0	21.3	300
Dr. Pepper	20	8	2.5	27.0	6.8	100	67.5	16.9	250
Dr. Pepper	10	10	1	33.0	8.3	120	33.0	8.3	120
Fanta (Strawberry)	20	8	2.5	33.0	8.3	120	82.5	20.6	300
Fruitopia (Cherry Vanilla Groove)	20	8	2.5	29.0	7.3	110	72.5	18.1	275
Fruitworks (Strawberry Melon)	20	8	2.5	25.0	6.3	110	62.5	15.6	275
Gatorade Frost (Riptide Rush)	32	8	4	14.0	3.5	50	56.0	14.0	200
Gatorade Ice (Orange)	20	8	2.5	14.0	3.5	50	35.0	8.8	125
Hawaiian Punch	20	8	2.5	29.0	7.3	120	72.5	18.1	300
Hi-C Box (Strawberry Kiwi Kraze)	8	8	1	26.0	6.5	100	26.0	6.5	100
Lipton Brisk Iced Tea	20	8	2.5	22.0	5.5	80	55.0	13.8	200
Mello Yello	20	8	2.5	32.0	8.0	120	80.0	20.0	300
Mountain Dew	20	8	2.5	31.0	7.8	110	77.5	19.4	275
Mountain Dew	12	12	1	46.0	11.5	170	46.0	11.5	170
Nestea Lemon Iced Tea	20	8	2.5	22.0	5.5	80	55.0	13.8	200
Ocean Spray (Cran Grape)	16	8	2	40.0	10.0	160	80.0	20.0	320
Pepsi	20	8	2.5	27.0	6.8	100	67.5	16.9	250
Pepsi	12	12	1	41.0	10.3	150	41.0	10.3	150
Pepsi Blue	20	8	2.5	27.0	6.8	100	67.5	16.9	250
Pepsi Twist	20	8	2.5	27.0	6.8	100	67.5	16.9	250
Powerade (Fruit Punch)	32	8	4	15.0	3.8	70	60.0	15.0	280
Powerade (Fruit Punch)	20	8	2.5	15.0	3.8	70	37.5	9.4	175
Powerade (Arctic Shatter)	12	12	1	22.0	5.5	110	22.0	5.5	110
Snapple (Kiwi Strawberry)	16	8	2	26.0	6.5	110	52.0	13.0	220
Sprite	10	10	1	32.0	8.0	120	32.0	8.0	120
Sunkist (Orange)	20	8	2.5	35.0	8.8	130	87.5	21.9	325
Sunkist (Orange)	12	12	1	52.0	13.0	190	52.0	13.0	190
Sunny Delight (California Smooth Orange)	18.5	8	2.5	30.0	7.5	130	75.0	18.8	325
Tropicana (Cranberry Juice Cocktail)	16	8	2	34.0	8.5	140	68.0	17.0	280
Tropicana Twister (Kiwi Strawberry)	20	8	2.5	30.0	7.5	130	75.0	18.8	325
Vanilla Coke	20	8	2.5	28.0	7.0	100	70.0	17.5	250