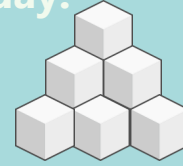


# Sugary Drinks

Just ONE sugary drink can have more sugar than your child is supposed to have in the entire day.

**MAX** = 6 tsp (24 grams) =



 = 1 tsp of sugar


			
<p><b>8 oz juice</b> (orange, apple, organic, natural, etc)</p>	<p><b>8 oz flavored milk</b> (strawberry, chocolate, vanilla)</p>	<p><b>16 oz sports drink</b> (Gatorade, powerade, etc)</p>	<p><b>12 oz can of soda</b> (coke/pepsi, orange/grape soda, sprite, gingerale)</p>
 <p><b>6 tsp (24g)</b></p>	 <p><b>7 tsp (28g)</b></p>	 <p><b>8 tsp (32g)</b></p>	 <p><b>10 tsp (40g)</b></p>
			
<p><b>Sweet teas</b> (Lipton iced tea, Arizona Iced tea, sweetened teas)</p>	<p><b>16 oz energy drink</b> (rockstar, monster, red bull, etc)</p>	<p><b>20 oz bottle of soda</b> (coke/pepsi, orange/grape/apple soda, sprite, gingerale)</p>	<p><b>44 oz cup of soda</b> (polar pop, big gulp, etc)</p>
 <p><b>13 tsp (52g)</b></p>	 <p><b>14 tsp (56g)</b></p>	 <p><b>15 tsp (60g)</b></p>	 <p><b>30 tsp (120g)</b></p>


Choose water as your favorite drink! Make it fun by having your own water bottle you can take with you, add sliced fruits or herbs to flavor it, or use a cool straw.



# Bebidas Azúcarada

Solo una bebida azucarada puede tener más azúcar de la que se supone que debe de beber su hijo en un día.

**Máximo = 6 cdta** (24 gramos) = 

 = 1 cdta azúcar

			
<b>8 oz de jugo</b> (naranja, manzana, orgánico, natural, etc)	<b>8 oz leche de saborizada</b> (fresa , chocolate, vainilla)	<b>16 oz de bebidas deportivas</b> (Gatorade, powerade, etc)	<b>12 oz de soda en lata</b> (coke/pepsi, sabor naranja/uvas soda, sprite, gingerale)
 <b>6 cdta (24g)</b>	 <b>7 cdta (28g)</b>	 <b>8 cdta (32g)</b>	 <b>10 cdta (40g)</b>
			
<b>Té dulce</b> (Lipton, Arizona, té con azúcar)	<b>16 oz de bebida energéticas</b> (rockstar, monster, red bull, etc)	<b>20 oz botella de soda</b> (coke/pepsi, sabor naranja/uvas soda, sprite, gingerale)	<b>44 oz de soda en vaso</b> (polar pop, big gulp, etc)
 <b>13 cdta (52g)</b>	 <b>14 cdta (56g)</b>	 <b>15 cdta (60g)</b>	 <b>30 cdta (120g)</b>

¡Elige el agua como tu bebida favorita! A tu botella de agua agrégale rodajas de fruta o hierbas para darle sabor, o usa un popote divertido.

