

Think Before You Drink

How Much Sugar & Caffeine Do You Drink Each Day?

Lexington-Fayette County Health Department



Liquid Calories

Drinks are sweetened with many types of sugars. These “liquid calories” add up *FAST* and left un-checked, can cause several pounds of weight gain each year, not to mention causing cavities and raising blood sugar in people with diabetes.

Check the ingredient list for all types of sugar, including sucrose, high-fructose corn syrup, corn syrup, dextrose, glucose, fructose, maltose, honey and molasses.

Don't be fooled... fruit flavored drinks, often called “cocktails or punch” are often just as high in sugar as soft drinks or “pop”. The % of real fruit juice in your fruit-flavored drink can be found above the nutrition facts label on each can or bottle. Look for juice that has “100% fruit juice” listed.

20-ounce Serving	Tsp Sugar	Mg Caffeine
Sunkist (Orange)	22	68
Ocean Spray (Cran Grape)	20	0
Mountain Dew	19	93
Sunny Delight	19	0
Tropicana Twister	19	0
Starbucks White Chocolate Mocha, w/whip	19	150
Hawaiian Punch	18	0
Coke	17	58
Pepsi	17	63
Red Bull	16	192
Kool-Aid	16	0
Sprite	15	0
Starbucks Frappuccino (Caramel)	14	129
Ale-8-One	13	62
Starbucks Double Shot (20 oz)	13	400
Powerade	9	0
Gatorade	9	0
Brewed Coffee w/o sugar	0	340
Diet soft drinks	0	~ 78



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Caffeine

Caffeine is a central nervous system stimulant and is found in many types of beverages. It can become habit-forming and may cause the following symptoms:

- Restlessness
- Irritability
- Sleeplessness
- Nervousness
- Headaches
- Jitteriness
- Upset stomach

Children are much more sensitive to caffeine than adults, so be extra cautious about what they drink. Choose caffeine-free beverages when possible.

Healthier Options

Instead of the high-sugar / high-caffeine drinks try some of the healthy alternatives below:

- Water (always the best drink)
- 1% or Skim Milk
- 100% Fruit Juice
- Herbal Tea with artificial sweetener
- Diet Soft Drinks & Lemonade
- 100% Vegetable Juice

Tips to Make the Switch

It takes several weeks to change a habit, so if you don't like the healthier options at first, don't give up...keep trying. Here are some ways to make it easier:

- Decrease caffeine slowly so your body can adjust.
- Try different flavors and brands of diet soda before saying you don't like it. Each type tastes slightly different.
- Mix regular coffee with decaffeinated coffee.
- Try a latte made with skim milk instead of whole or 2% milk.
- Drink water with a squirt of lemon or lime.
- Keep a pitcher of water in the refrigerator – it always tastes better when cold.
- Try calorie-free fruit flavored water.

Recipes

Homemade Fruit Soda

This recipe makes a great “orange” soda, “grape” soda or even “apple” soda. Children, especially, like to mix their own.

½ cup 100% Fruit Juice
½ cup Carbonated Water (soda water, mineral water)

Mix together immediately before serving.

Raspberry-Peach Refresher

Light and Tangy (Serves 2)

½ cup frozen raspberries
½ cup frozen peaches
1 cup apple juice
(if using fresh fruit, add ½ cup crushed ice or 2 ice cubes)

Put all ingredients in a blender and blend on highest speed for 30 seconds, or until smooth and creamy. Serve immediately.