

RETHINK your DRINK



How much
sugar is in your
drink?

70 g of
Sugar
20 fl oz



32 g of
Sugar
9.5 fl oz



39 g of
Sugar
12 fl oz



34 g of
Sugar
20 fl oz



54 g of
Sugar
16 fl oz



47 g of
Sugar
16 fl oz



39 g of
Sugar
12 fl oz



4 g of
Sugar
28 fl oz



0 g of
Sugar
16.9 fl oz

Men should
consume no more
than 36 g of added
sugar per day.

(American Heart Association)

Women should
consume no more
than 25 g of added
sugar per day.

(American Heart Association)



THIS IS
ONE
GRAM OF
SUGAR!



FOR MORE INFORMATION



Contact Wellness Coordinator
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