

Sugar

No more than 24 grams per day
for kids 18 years and younger



How much sugar do you eat?

- Can of Coke: 39 grams
- Regular Snickers bar: 30 grams
- 4 Oreo Cookies: 14 grams
- Bottle of Arizona Ice Tea: 48 grams
- 20-oz. Bottle of Mountain Dew: 77 grams
- 6 Sugar Powdered Donettes: 23 grams
- Strawberry Low-Fat Yoplait: 27 grams
- Nesquick Fat-Free Chocolate Milk: 54 grams