



Marcia Manter, Community Development Specialist
785 235 6039 mmanter@oralhealthkansas.org

March 23, 2011

For Immediate Release:

Tiny Drinks, Big Sugar

Many parents and kids are drawn to the convenience of the small 6.75 ounce juice drinks complete with a straw that can be used at snack, lunch box or mealtime drink. The boxes are attractive – bright colors with promises of 100% real juice and vitamins. The messages convey the idea that the juices are healthy choices. A closer look at the sugar content of these boxed drinks tells a different story. Drinking too many of these tiny drinks can contribute to tooth decay and obesity.

Everyone shopping for the family can easily calculate the sugar content of foods and beverages before buying. Here is the fact: 4 grams of sugar (carbohydrate) = 1 teaspoon of sugar.

A recent shopping trip to the juice aisle at the grocery store provided the following samples of juice drinks in boxes or pouches.

Sugar Content of 6.75 ounce Flavored Drinks

Item:	Total grams =	# Teaspoons of sugar
1. Market Pantry 100% Berry Juice	27 grams =	6.75
2. Nestle Orange Tangerine 100% Juicy Juice	26 grams =	6.50
3. Hi C Fruit Punch	25 grams =	6.25
4. Kool Aid Burst (Tropical Punch, Grape or Berry Blue)	24 grams =	6.00
5. Capri Sun Grape Tide 100% Juice	23 grams =	5.75
6. Nestle Grape Juicy Juice	23 grams =	5.75
7. Minute Maid 100% Apple Juice	22 grams =	5.50
8. Harvest Kids Berry Berry Good Lemonade Goodness Grapeness	10 grams =	2.5

The message to parents and kids: Be a smart shopper by choosing drinks with less sugar. It's good for your teeth and your overall health.

Kathy Trilli, RDH, BSDH, ECP II, Oral Health CYSCHN Parent Educator

*** For more information, please contact Marcia Manter, mmanter@oralhealthkansas.org