



Coca-Cola  
(12 oz.)  
**39g**



Glacéau  
Vitaminwater  
(various flavors, 20 oz.)  
**31-32g**



Dunkin' Donuts  
glazed donut  
**12g**



Twinkie  
**19g**



**I PLEDGE** to enjoy up to six teaspoons per day of added sugar and increase sugar awareness in my community.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Do the math - to find the sugar: **4 grams = 1 teaspoon** of sugar.  
For example, 1 Coca-Cola has **39 grams** of added sugar. To see how many teaspoons of sugar divide total grams by **4**.

**$39 \text{ grams} / 4 = 9.75 \text{ teaspoons sugar in one soda!}$**



Jamba Juice  
Mango-A-Go-Go  
smoothie (16 oz.)  
**62g**



Clif Bar  
(Banana Nut Bread)  
**22g**



Yoplait Original  
strawberry yogurt  
(6 oz.)  
**26g**



Craisins  
dried cranberries  
(¼ cup)  
**29g**