

# Did You Know There



**Are...**

**17 ¼ teaspoons** of sugar in a 20 ounce bottle of Cola;

**13 ½ teaspoons** in a 16 ounce can of a Monster Energy drink

**11 ½ teaspoons** of sugar in a 2.17 ounce bag of Skittles;

**7 ¼ teaspoons** of sugar in a Milky Way chocolate candy bar;

**5 ½ teaspoons** of sugar in one Little Debbie chocolate cupcake

**4 teaspoons** of sugar in 1 cup of Cap'n Crunch

## Help Prevent Tooth Decay

**Read the Nutrition Facts on food labels and  
choose foods and drinks low in sugar.**

**Note:** 4 grams of sugar =1 teaspoon of sugar