sugar:
- Is highly addictive
- Leaves you feeling hungry
- Is linked to obesity, cancer, heart & liver disease
- Causes tooth decay

sugar contains:
- No nutrients
- No protein
- No healthy fats
- No enzymes
- GMO

1 gram = 4.12 teaspoons

Aquafina (0 grams)
Honest (9 grams)
Capri Sun (20 grams)
Horizon Organic (22 grams)
Squash (31 grams)
Gatorade (34 grams)
Sunny D (34 grams)
Coca-Cola (39 grams)