



# Rethink Your Drink

## Show Me the Sugar!

Sweeteners that add calories to a beverage go by many different names and may not always be obvious when reading the ingredients list. Some common caloric sweeteners are listed below. If they appear in the ingredients list of your favorite beverage, you are drinking a sugar sweetened beverage.

### Ingredient Watch

Ingredients are listed in order of the amount that the drink contains. The first few ingredients listed are the ones that appear in the largest amounts.

- High fructose corn syrup
- Corn syrup
- Cane sugar
- Honey
- Molasses
- Fruit juice concentrate
- Dextrose
- Sucrose
- Fructose
- Glucose
- Lactose
- Evaporated cane juice
- Maple syrup
- Barley malt

If “sugar” (or a sugar from the list above) is one of the first three ingredients, think about choosing a healthier option.



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**THINK**  
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