

Soft Drinks: Sugar Content

Number of Teaspoons of Sugar

	12-oz. Can	20-oz. Bottle	64-oz. Big Cup
Orange Slice	11.9	19.8	63.5
Minute Maid Orange Soda	11.2	18.7	59.7
Mountain Dew	11.0	18.3	58.7
Barq's Root Beer	10.7	17.8	57.1
Pepsi	9.8	16.3	52.3
Squirt	9.5	15.8	50.7
Dr. Pepper	9.5	15.8	50.7
7-Up	9.3	15.5	49.6
Coke Classic	9.3	15.5	49.6
Sprite	9.0	15.0	48.0