How much sugar is in your drink?

Sugar Content in Drinks

- Vanilla Frappe 16 oz. 69 grams
- Energy Drink 16 oz. 54 grams
- Cola Drink 12 oz. 39 grams
- Fruit Juice (Apple or Orange) 12 oz. 39 grams
- 2% Milk Bottle 16 oz. 22 grams
- Water NO SUGAR!

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