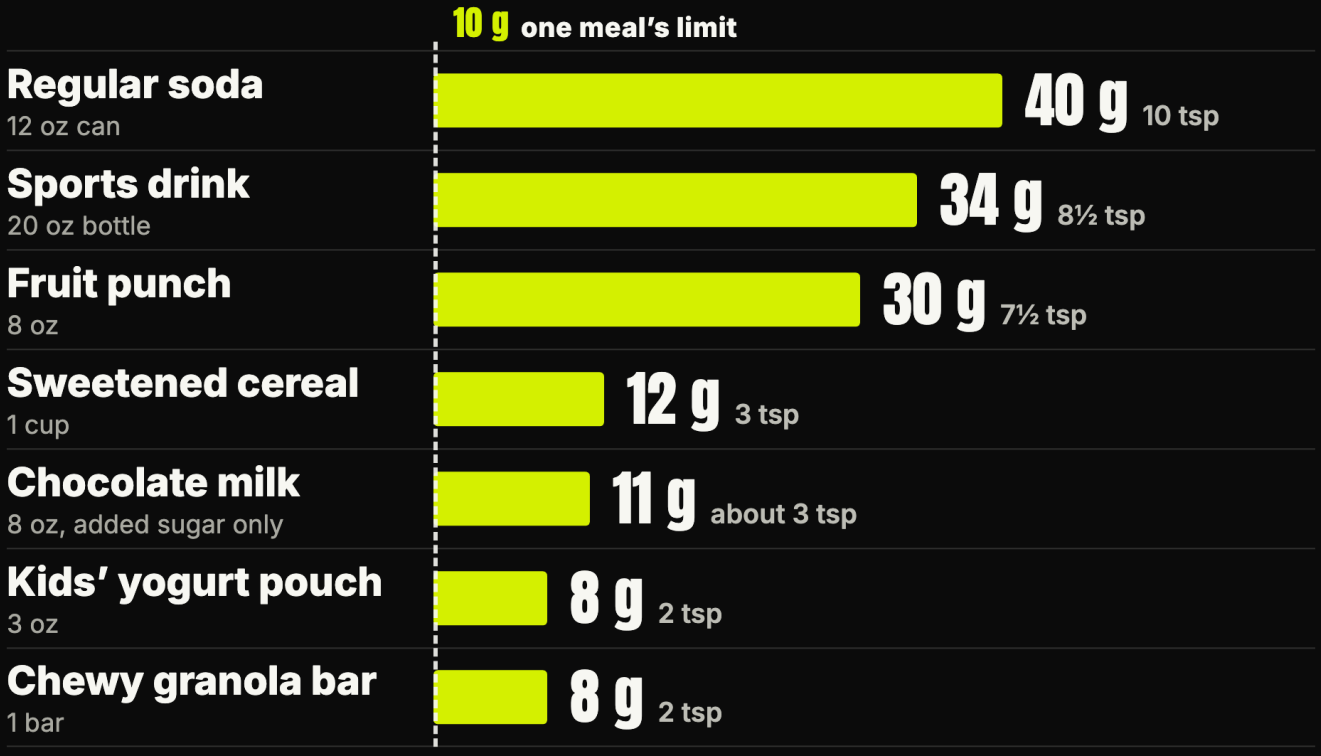
Fueling young athletes

WHERE THE SUGAR HIDES

Added sugar in common drinks and snacks, per serving.



4 G = 1 TEASPOON

Find "Added Sugars" on the Nutrition Facts label.

WATER FIRST

Sports drinks are for long, hard exercise. Most practices only need water.

Informed by the U.S. Dietary Guidelines 2025-2030 (no more than 10 g of added sugar per meal), the CDC, and AAP HealthyChildren.org guidance on sports nutrition. Added sugar does not include sugars found naturally in whole fruit or plain milk. Values are approximate midpoints of typical ranges and brands vary, so check the label. General guidance for young athletes, not an individual plan.