



# Tang

Serving size:  
2 tablespoons of powder

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



# Kool-Aid

Serving size:  
2 teaspoons of powder

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Grams of Sugar: 29

This is the same as 7 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Grams of Sugar: 16

This is the same as 4 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



# Cranberry Juice

Serving size:  
1 cup (8 oz)

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



# RockStar Energy Drink

Serving size:  
1 can (16 oz)

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Grams of Sugar: 28

This is the same as 7 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Grams of Sugar: 62

This is the same as 16 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



# Vitamin Water

Serving size:  
1 bottle (20 oz)

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



# Hawaiian Punch

Serving size:  
1 cup (8 oz)

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Grams of Sugar: 31

This is the same as 8 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Grams of Sugar: 15

This is the same as 4 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



# Sunkist Orange Soda

Serving size:  
1 can (12 oz)

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



# Arizona Iced Tea

Serving size:  
1 can (23 oz)

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Grams of Sugar: 44

This is the same as 11 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Grams of Sugar: 36

This is the same as 9 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes





# Coke

Serving size:  
1 can (12 oz)

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



# Mountain Dew

Serving size:  
1 can (12 oz)

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Grams of Sugar: 39

This is the same as 10 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Grams of Sugar: 46

This is the same as 12 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



# Sprite

Serving size:  
1 can (12 oz)

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



# Gatorade Sports Drink

Serving size:  
1 bottle (32 oz)

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

# Grams of Sugar: 38

## This is the same as 10 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

# Grams of Sugar: 53

## This is the same as 13 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



# McDonald's Vanilla Latte

Serving size:  
Medium (16 oz)

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



# McDonald's Caramel Frappe

Serving size:  
Medium (16 oz)

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Grams of Sugar: 46

This is the same as 12 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Grams of Sugar: 71

This is the same as 18 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



# Coffee-Mate Hazelnut Liquid Creamer

Serving size:  
5 individual containers or 4 teaspoons

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



# Capri-Sun Drink Pouch - Orange Flavor

Serving size:  
1 pouch (6 oz)

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Grams of Sugar: 15

This is the same as 4 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Grams of Sugar: 15

This is the same as 4 sugar packets



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes