

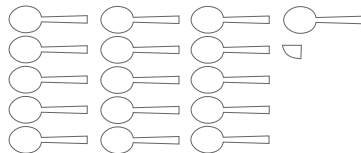
What's in your DRINK?

 = 1 teaspoon of sugar  = 1 teaspoon of fat



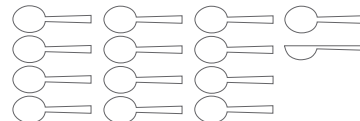
COCA-COLA

20 ounces =
240 calories
16 ¼ teaspoons of sugar



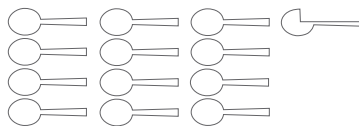
MONSTER Energy Drink

16 ounces =
200 calories
13 ½ teaspoons of sugar



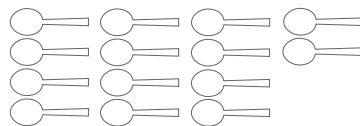
SNAPPLE Kiwi Strawberry Juice Drink

16 ounces =
210 calories
12 ¾ teaspoons of sugar



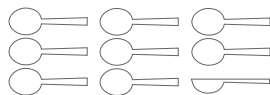
WELCH'S 100% Orange Juice

16 ounces =
240 calories
14 teaspoons of sugar



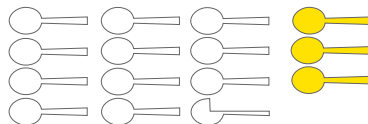
GATORADE

20 ounces =
130 calories
8 ½ teaspoons of sugar



CARAMEL FRAPPUCCINO Blended Coffee Drink with Whipped Cream

16 ounces =
380 calories
11 ¾ teaspoons of sugar
3 teaspoons of fat



Sugary drinks are one of the main causes of weight gain and obesity.

Choose these healthy options instead:

- Water, mineral water (sparkling or still)
- Coffee, plain or with a teaspoon of sugar and nonfat or 1 percent milk
- Tea, hot or iced, plain or with a teaspoon of sugar