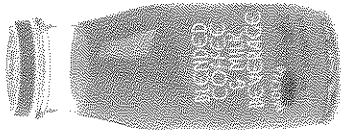


ICED COFFEE MOCHA FLAVOR

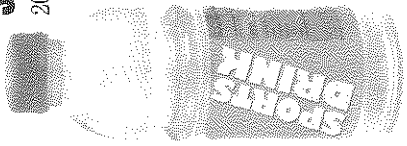
9.5 oz. bottle ▲ 180 calories



31
grams sugar

SPORTS DRINK

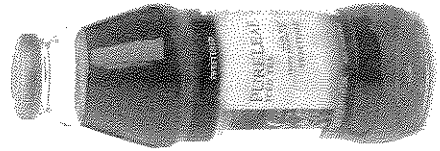
20 oz. bottle ▲ 125 calories



35
grams sugar

SWEETENED ICED TEA

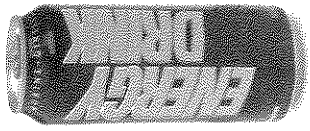
16 oz. bottle ▲ 140 calories



36
grams sugar

ENERGY DRINK

15 oz. can ▲ 200 calories

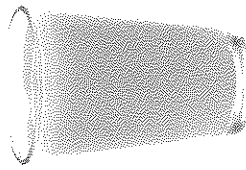


54
grams sugar

One sugar cube = 2.5 grams of sugar
NOTE: Nutrition information is based on typical values for drinks shown and may vary by brand or manufacturer.
The number of sugar cubes pictured are rounded to the nearest whole cube.

100% ORANGE JUICE

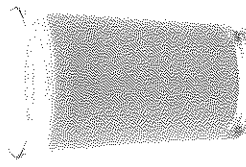
8 oz. glass ▲ 110 calories



21
grams sugar

CHOCOLATE SKIM MILK

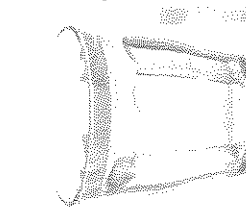
8 oz. glass ▲ 145 calories



23
grams sugar

100% APPLE JUICE

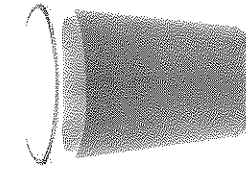
8 oz. glass ▲ 115 calories



27
grams sugar

CRANBERRY JUICE COCKTAIL

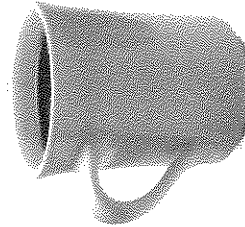
8 oz. glass ▲ 120 calories



30
grams sugar

COFFEE

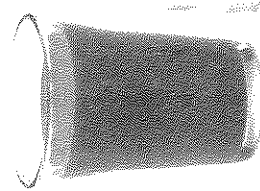
8 oz. cup ▲ 0 calories



0
grams sugar

VEGETABLE JUICE

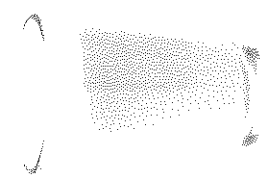
8 oz. glass ▲ 50 calories



8
grams sugar

PLAIN SOY MILK

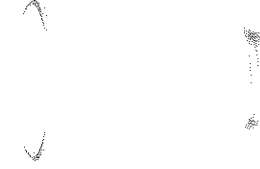
8 oz. glass ▲ 120 calories



8
grams sugar

SKIM MILK

8 oz. glass ▲ 90 calories



12
grams sugar

Adults and children drink about 400 calories per day as beverages. Drinking water is your best bet when you're thirsty. Regular soda, energy or sports drink, and other sweet drinks usually

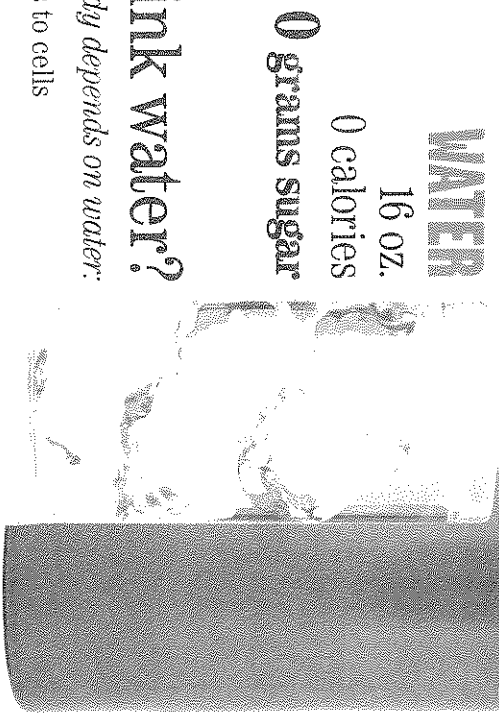
contain a lot more sugar and calories than you need. Water is a great choice because it is calorie-free, inexpensive, and you can find it nearly everywhere.

When water just won't do — enjoy the beverage of your choice, but just drink less. Check the serving size and the number of servings in the container and keep your portion small.

Choose Water

SUGAR SHOCKERS

Drink Water instead of Sugary Drinks

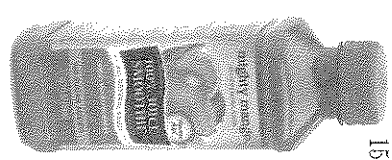


WATER
16 oz.
0 calories
0 grams sugar

Why drink water?

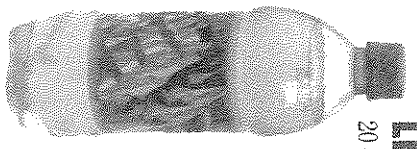
Water plays an important role in your body's functions. Every system in your body depends on water:

- Regulates body temperature
- Lubricates joints
- Moistens tissues
- Helps flush out waste
- Carries nutrients to cells
- Protects organs



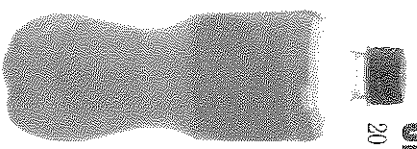
100% JUICE SMOOTHIE
15.2 oz. bottle ▲ 300 calories

60
grams sugar



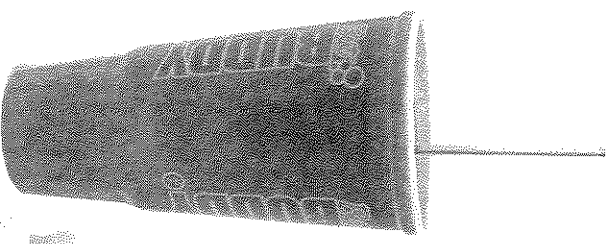
LEMON-LIME SODA
20 oz. bottle ▲ 285 calories

77
grams sugar



ORANGE SODA
20 oz. bottle ▲ 325 calories

85
grams sugar



COLA WITH ICE
44 oz. cup ▲ 510 calories
38 oz. cola, 6 oz. ice

128
grams sugar



One sugar cube = 2.5 grams of sugar. **NOTE:** Nutrition information is based on typical values for drinks shown and may vary by brand or manufacturer. The number of sugar cubes indicated are rounded to the nearest whole cube.

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SUGAR SHOCKERS