

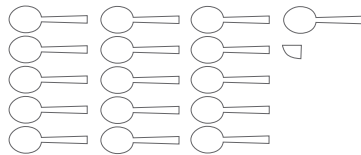
What's in your DRINK?

 = 1 teaspoon of sugar  = 1 teaspoon of fat



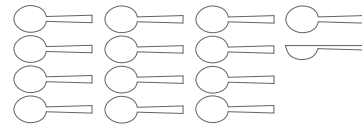
COLA

20 ounces =
240 calories
16 $\frac{1}{4}$ teaspoons of sugar



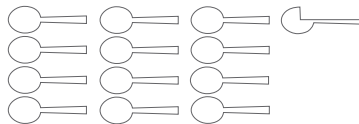
ENERGY DRINK

16 ounces =
200 calories
13 $\frac{1}{2}$ teaspoons of sugar



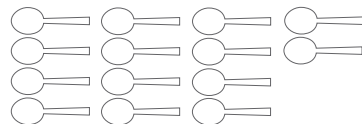
FRUIT JUICE DRINK

16 ounces =
210 calories
12 $\frac{3}{4}$ teaspoons of sugar



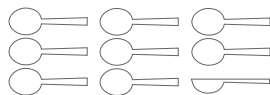
100% ORANGE JUICE

16 ounces =
240 calories
14 teaspoons of sugar



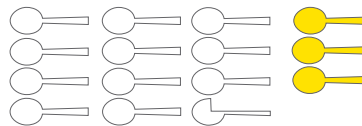
SPORTS DRINK

20 ounces =
130 calories
8 $\frac{1}{2}$ teaspoons of sugar



BLENDED COFFEE DRINK with Whipped Cream

16 ounces =
380 calories
11 $\frac{3}{4}$ 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