
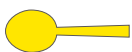


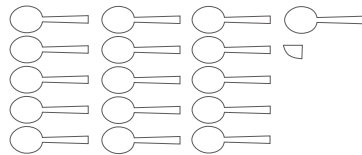
# What's in your DRINK?

 = 1 teaspoon of sugar     = 1 teaspoon of fat



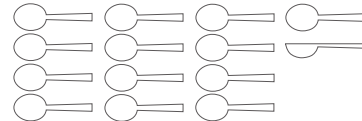
## COCA-COLA

**20 ounces =**  
240 calories  
16 ¼ teaspoons of sugar



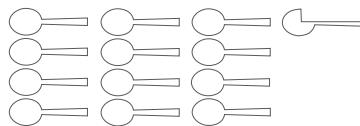
## MONSTER Energy Drink

**16 ounces =**  
200 calories  
13 ½ teaspoons of sugar



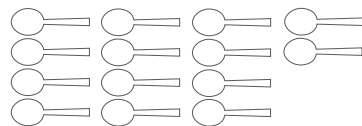
## SNAPPLE Kiwi Strawberry Juice Drink

**16 ounces =**  
210 calories  
12 ¾ teaspoons of sugar



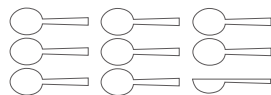
## WELCH'S 100% Orange Juice

**16 ounces =**  
240 calories  
14 teaspoons of sugar



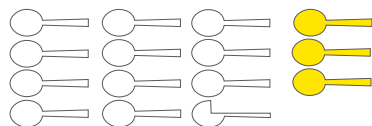
## GATORADE

**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