

*CHOOSE
WATER
FIRST TO
SATISFY
YOUR
THIRST*



See how much sugar is in these popular beverages and re-THINK your DRINK!

	Soda 20 oz	Orange Drink 16 oz	Sweetened Fruit Drink 16 oz	Sports Drink 20 oz	Water 8 oz
Calories	250	260	220	140	0
Grams of Sugar	68	60	52	36	0
Teaspoons of Sugar	17	15	13	9	0

Information in this poster is for educational purposes only. Product formulas, as well as packing and portion size, may change over time. As a result, ingredients, amounts listed and nutritional information may change.