

RETHINK THAT DRINK



Empty calories



Too much caffeine



Too much sugar

Drink	Calories	Sugar (grams)	Teaspoons of Sugar
Mountain Dew 8oz	110	31	7
Starbucks Latte 16oz	190	17	4
Sweet Tea 32oz	230	59	14
Budweiser 12oz	145	0	0
Gatorade 8oz	50	14	3

Remember: there are 4.2 grams of sugar in 1 teaspoon

Other choices . . . for healthier drinks:

Pay attention to serving size

- Water
- Low-fat Milk
- 100% Fruit juice
- Vegetable juice (V8)
- Diet soda

