

ReThink YOUR DRINK

BE AWARE OF THE ADDED SUGAR IN YOUR DRINK.

Healthy Limit: No more than 24 grams in 24 hours!

Water



0 grams of
sugar

**20 oz.
Soda**



64 grams of
sugar

**16 oz.
Energy Drink**



52 grams of
sugar

**16 oz.
Sweetened Iced Tea**



40 grams of
sugar

**12 oz.
Juice**



36 grams of
sugar

**20 oz.
Sports Drink**



36 grams of
sugar