

ReThink YOUR DRINK

Be aware of the added sugars in your drink.

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



Water

0 grams of sugar



16 oz. Sweetened Iced Tea

40 grams of sugar



20 oz. Soda

64 grams of sugar



12 oz. Juice

36 grams of sugar



16 oz. Energy Drink

52 grams of sugar



20 oz. Sports Drink

36 grams of sugar