

SUGAR SHOCKERS[®]

Drink Water
instead of Sugary Drinks

WATER
16 oz.
0 calories
0 grams sugar



Why drink water?

Water plays an important role in your body's functions. Every system in your body depends on water:

- Regulates body temperature
- Lubricates joints
- Carries nutrients to cells
- Moistens tissues
- Helps flush out waste
- Protects organs

100% JUICE SMOOTHIE

15.2 oz. bottle ▲ 300 calories



60
grams sugar



LEMON-LIME SODA*

20 oz. bottle ▲ 285 calories



77
grams sugar



ORANGE SODA*

20 oz. bottle ▲ 325 calories



85
grams sugar

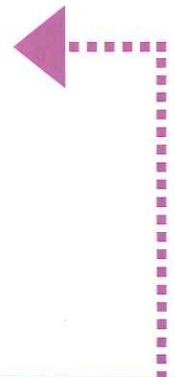


COLA* WITH ICE

44 oz. cup ▲ 510 calories
38 oz. cola, 6 oz. ice



128
grams sugar



One sugar cube = 2.5 grams of sugar. NOTE: Nutrition information is based on typical values for drinks shown and may vary by brand or manufacturer. The number of sugar cubes pictured are rounded to the nearest whole cube. *Contains added sugar. Dietary guidelines recommend consuming no more than 10% of daily calories from added sugar. Sugar in milk and most juices are naturally occurring and do not contribute added sugar.