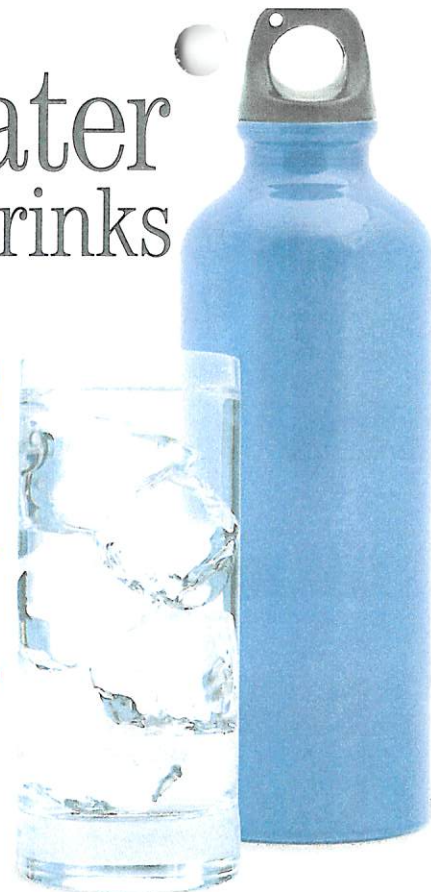


# SUGAR SHOCKERS™

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.

## ICED COFFEE MOCHA FLAVOR

9.5 oz. bottle ▲ 180 calories



31  
grams sugar



## SPORTS DRINK

20 oz. bottle ▲ 125 calories



35  
grams sugar



## SWEETENED ICED TEA

16 oz. bottle ▲ 140 calories



36  
grams sugar



## ENERGY DRINK

15 oz. can ▲ 200 calories



54  
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.

## 100% ORANGE JUICE

8 oz. glass ▲ 110 calories



21  
grams sugar



## CHOCOLATE SKIM MILK

8 oz. glass ▲ 145 calories



23  
grams sugar



## 100% APPLE JUICE

8 oz. glass ▲ 115 calories



27  
grams sugar



## CRANBERRY JUICE COCKTAIL

8 oz. glass ▲ 120 calories



30  
grams sugar



## COFFEE

8 oz. cup ▲ 0 calories



0  
grams sugar

## VEGETABLE JUICE

8 oz. glass ▲ 50 calories



8  
grams sugar



## PLAIN SOY MILK

8 oz. glass ▲ 120 calories



8  
grams sugar



## SKIM MILK

8 oz. glass ▲ 90 calories



12  
grams sugar



Adults and children drink about 400 calories per day as beverages. Drinking water is your best bet when you're thirsty. Regular soda, energy or sports drink, and other sweet drinks usually

contain a lot more sugar and calories than you need. Water is a great choice because it is calorie-free, inexpensive, and you can find it nearly everywhere.

When water just won't do – enjoy the beverage of your choice, but just drink less. Check the serving size and the number of servings in the container and keep your portion small.

Choose Water

