

Be a Water Warrior

Do you know how much sugar is in your 20 oz. drink?



Water

0 teaspoons of sugar



Sports Drink

9 teaspoons of sugar



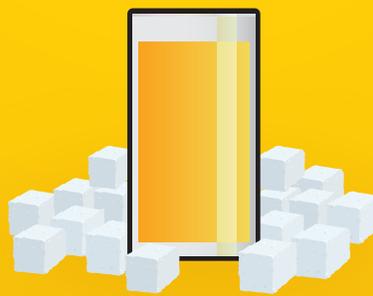
Sweet Tea

14 teaspoons of sugar



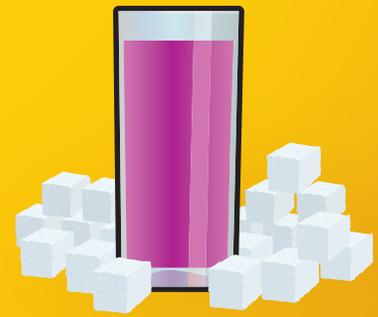
Soda

16 teaspoons of sugar



100% Juice

16 teaspoons of sugar



Fruit Drink

18 teaspoons of sugar

**Don't let sugary drinks slow you down.
Choose water instead.**