What's in your drink? More than you think! Just one sugary drink (like soda and juice) may contain as much sugar as your body needs in an entire day.

**WATER vs SODA**

**ONE BOTTLE OF WATER FOR LUNCH**
- 0 CALORIES

**20-OZ. BOTTLE OF NONDIET SODA WITH YOUR LUNCH**
- 225 CALORIES

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**THE WINNER**

**COOL REFRESHING WATER**

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**SUGARS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Choice</th>
<th>Sugar (g)</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am</td>
<td>MEDIUM CAFE LATTE (16 OUNCES) MADE WITH WHOLE MILK</td>
<td>25</td>
<td>+253CAL</td>
</tr>
<tr>
<td>12:00pm</td>
<td>20-OZ. BOTTLE OF NONDIET COLA WITH YOUR LUNCH</td>
<td>66</td>
<td>+245CAL</td>
</tr>
<tr>
<td>2:00pm</td>
<td>16-OZ. GLASS OF SWEETENED LEMON ICED TEA FOR BREAK</td>
<td>35</td>
<td>+143CAL</td>
</tr>
<tr>
<td>6:00pm</td>
<td>12-OZ. BOTTLE OF FRUIT PUNCH WITH DINNER</td>
<td>39</td>
<td>+147CAL</td>
</tr>
<tr>
<td>8:00pm</td>
<td>8-OZ. GLASS OF CHOCOLATE (LOW FAT) MILK BEFORE BED</td>
<td>23</td>
<td>+157CAL</td>
</tr>
</tbody>
</table>

**A FULL DAY’S WORTH OF UNHEALTHY CHOICES EQUALS 945 TOTAL CALORIES FROM DRINKS ALONE!**

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**Building Healthy SCHOOLS**

**PennState PRO Wellness**