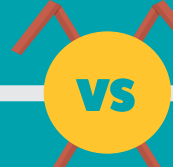


RETHINK YOUR DRINK

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





THE  **WINNER**



COOL REFRESHING WATER



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

** <http://www.sugarstacks.com/beverages.htm>

*** Centers for Disease Control and Prevention, Rethink your Drink. http://www.cdc.gov/healthyweight/healthy_eating/drinks.html