Healthy Choices
Rethink Your Drink
pennstatehershey.org/PROwellness
What’s in your drink? More than you think! It’s time to rethink your drink.

Don’t Drink Your Weight

- 16 oz. medium café latte w/ whole milk: +265 calories
- 20 oz. bottle of non-diet cola: +227 calories
- 16 oz. glass of sweet lemon iced tea: +180 calories
- 12 oz. bottle of fruit punch: +192 calories
- 8 oz. glass of chocolate whole milk: +208 calories

Total: 1,072 calories

The Truth About Added Sugar

- 4 grams of sugar = 1 teaspoon (or 1 packet)
- Can of cola contains 16.25 tsp. (4 packets) of sugar
- Fruit drinks can contain 16.75 tsp. (>4 packets) of sugar

If these appear in the ingredients list, you are drinking a sugar sweetened beverage:

- High-fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup/Corn syrup
- Sucrose
- Dextrose

The Healthy Option? WATER!

Make water more exciting by adding fruits or vegetables like slices of lemon, lime, cucumber or watermelon. Try a bubbly alternative like flavored sparkling water. Start your day off with 16 oz. to get a head start on a 64 oz. daily goal.