



**PennState**  
PRO Wellness



**Children's  
Miracle Network  
Hospitals**

# Healthy Choices

Rethink Your Drink

[pennstatehershey.org/PROwellness](http://pennstatehershey.org/PROwellness)



# Rethink Your Drink

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.

