What's in your drink? More than you think! It's time to Rethink Your Drink. Just one sugary drink (like soda and juice) may contain as much as your body needs in an entire day. Now, add up all the sugary drinks you have in one day and you may find you're drinking your way to an unhealthy weight. Remember one of the best choices is cool refreshing water.

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**DRINK CHOICES FOR A 600 CAL MEAL**

- **Large fast food cola**
  - +310 cal
- **Medium cafe latte**
  - +265 cal
- **16 oz. Medium cafe latte**
  - +265 cal
- **12 oz. Bottle of Non-Diet Lemon Iced Tea**
  - +227 cal
- **12 oz. Bottle of Fruit Punch**
  - +192 cal
- **Large Glass of Chocolate Milk**
  - +180 cal
- **8 oz. Glass of Chocolate Milk**
  - +100 cal

**WATER VS. SODA**

- **ONE BOTTLE OF DIET COLA OR WATER FOR LUNCH**
  - 0 cal
- **20-oz. Bottle of Market Cola with Your Lunch**
  - 227 cal

**How many calories in a day?**

- **A Full Day's Worth of Unhealthy Choices Equals**
  - 1,072 total calories

**Added Sugar**

4 grams = 1 teaspoon

- **Regular Cola**
  - 16.75 tsp
- **Fruit Drink**
  - 16.25 tsp

Contains more added sugar than most children should consume in an entire day.

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* http://caloriecount.about.com
** http://www.sugarstacks.com/beverages.htm