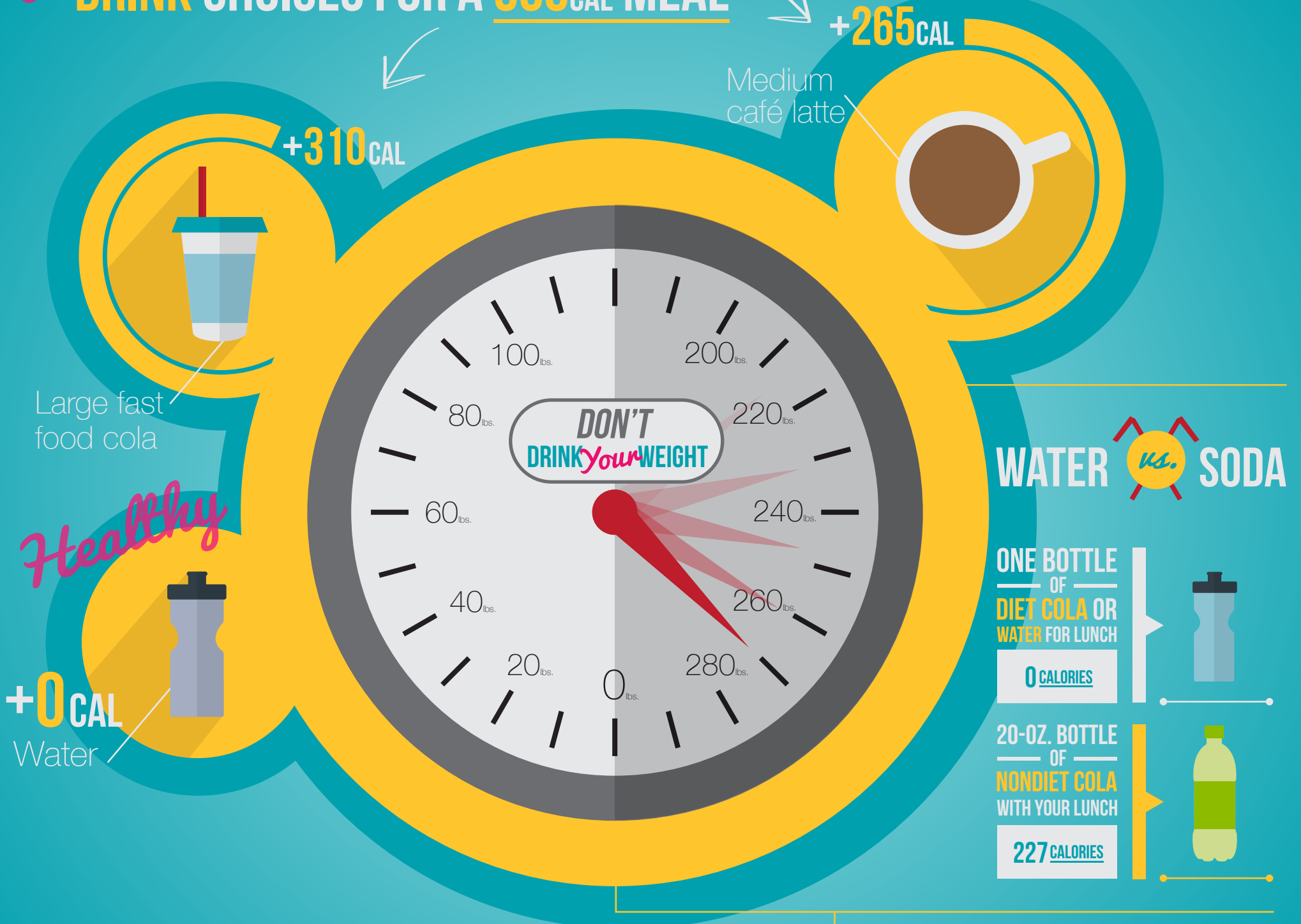


RETHINK *Your* DRINK

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.

Poor DRINK CHOICES FOR A 600 CAL MEAL



HOW MANY CALORIES IN A DAY?



A FULL DAY'S WORTH OF UNHEALTHY CHOICES EQUALS **1,072** TOTAL CALORIES FROM DRINKS ALONE!

ADDED SUGAR

4 GRAMS = 1 TEASPOON
1 TEASPOON = 1 PACKET OF SUGAR

