

Rethink Your Drink



Did you know?

3,500 calories is equal to one pound of fat.

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Quick tip!

Cutting 500 calories from your diet can potentially lead to 1 lb. of weight loss in a week.

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Cola:

240 calories
65 grams sugar
20 oz.

Fruit Punch:

160 calories
40 grams sugar
8 oz.

Mocha:

440 calories
54 grams sugar
16 oz.

Moderation is key.

Sweet Tea:

120 calories
32 grams sugar
12 oz.

Beer:

150 calories
1 gram sugar
12 oz.

American Heart Association Recommends:
Limit added sugars to no more than 36 grams for men, or 25 grams for women, per day

Orange Juice:

110 calories
22 grams sugar
8 oz.



A Day of Beverages

1,220 calories | 214 grams sugar

Thinking about making a change?
Contact your Health & Wellness Center!