

How much sugar is in your drink?

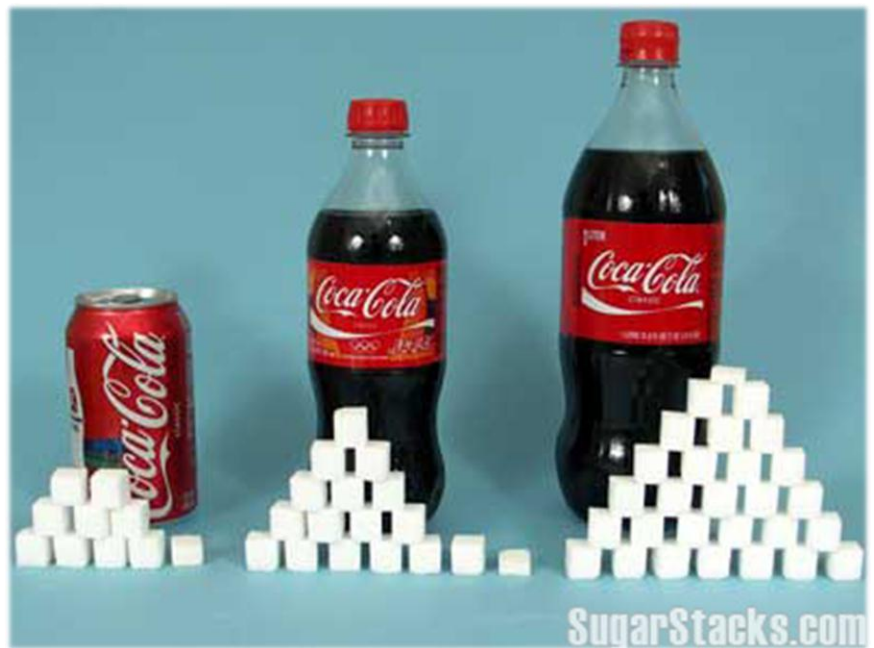
What do you usually drink throughout the day?

Use this space to make a list of your favorite beverages:

Find out how much sugar is in each of these drinks by checking the labels.



Each sugar cube equals 1
teaspoon of sugar.



Did You Know?

If you have 100 calories more than you need every day, you can gain 10 pounds a year. The average sugary drink has about 150 calories. By having one of these drinks every day that you do not burn off, you could gain **15 pounds** in one year!

Drinking one 12-pack of sodas a week without burning off the calories would lead to a weight gain of 1 pound in two weeks. In one year, that would add up to **28 pounds**!



Community Care
of North Carolina



CHIPRA

Better Drink Choices

- ★ **Fruit Juice mixed with Club Soda**

Mix $\frac{1}{4}$ cup of fruit juice with $\frac{3}{4}$ cup club soda.

- ★ **Flavored Fruit Tea**

Brew your own tea at home. Use 2 fruit flavored tea bags to brew a double strength tea, add ice.



- ★ **Low-Fat or Skim Milk**

Low-fat and skim milk make a great alternative for sugary drinks. Milk is a great source of calcium and protein.



- ★ **Fruit Juice Ice Cubes**

Pour your favorite fruit juice into ice cube trays, then pop them into the freezer to make fruity ice cubes to flavor your water.

- ★ **Homemade Flavored Water**

Add a combination of cut up fruits to a pitcher of water.

- ★ **Water**

Always the best choice for your body!

- ★ **Diet or Sugar-Free Drinks**

A better choice than regular sugary drinks

