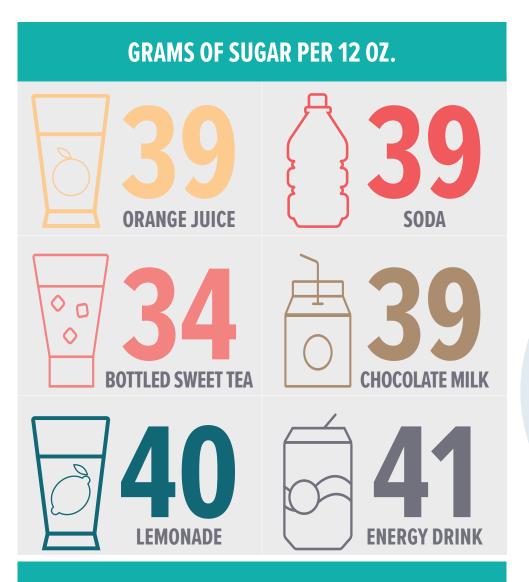


Many drinks contain a lot of sugar and staying away from soda, energy drinks, sweet tea, fruit juice and smoothies will have a big impact on your health. These are general numbers— you'll want to check the "Total Carbohydrate" line on the food label of the beverage you're drinking to see the grams of sugar for that specific drink.



STICK TO THESE BEVERAGES INSTEAD:

Unsweetened tea Black coffee Sparkling water Club soda

39 GRAMS OF SUGAR = 3 TABLESPOONS OF SUGAR

If you're trying to kick the soda habit, sparkling water can be a good substitute. It may be the fizzy, carbonated taste you're craving, not the soda itself. *Give it a try!*