

WHAT TO EAT

AVOID SUGARY DRINKS

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.

GRAMS OF SUGAR PER 12 OZ.



39

ORANGE JUICE



39

SODA



34

BOTTLED SWEET TEA



39

CHOCOLATE MILK



40

LEMONADE



41

ENERGY DRINK

39 GRAMS OF SUGAR = 3 TABLESPOONS OF SUGAR

STICK TO
THESE
BEVERAGES
INSTEAD:

WATER
Unsweetened tea
Black coffee
Sparkling water
Club soda

TIP: 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!*