

What You Drink Makes More of a Difference Than You Think!

Drinks that contain a lot of sugar can be bad for your overall health. Drinking too much sugar can slow your mind from thinking clearly. Sugar can also increase the risk of strokes and blood clots.

Did you know? Sugar actually drains your energy.

Occasion	Instead of...	Calories	Sugar (g)	Try...	Calories	Sugar (g)
Morning coffee run	Medium vanilla latte made with whole milk (16 oz)	290	35	Small vanilla latte made with fat-free milk (12 oz)	110	18
Lunchtime meal	20 oz. bottle of regular cola	150	16	Bottle of water or diet soda (20 oz)	0	0
Afternoon snack	Sweet iced tea (16 oz)	150	39	Sugar-free lemonade	0	0
Dinnertime meal	A glass of chocolate milk (8 oz)	188	6	Water with a slice of lemon or lime	0	0
Total beverages consumed		778	96		110	18