

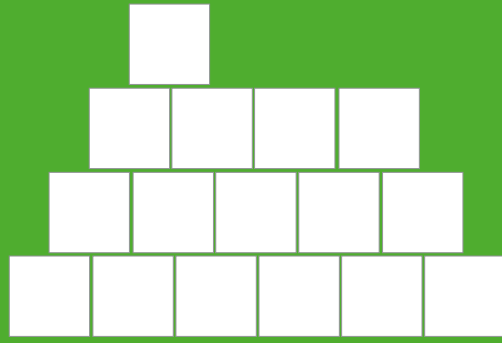
# How Many Minutes of Running Does it Take to Burn Off a Sugary Drink?



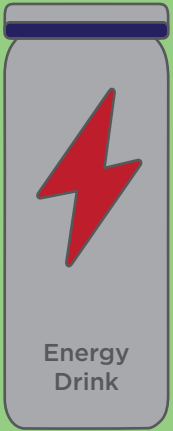
## Cola

20 oz.

150 calories  
16 teaspoons of sugar



= 16 minutes



## Energy Drink

12 oz.

160 calories  
10 teaspoons of sugar



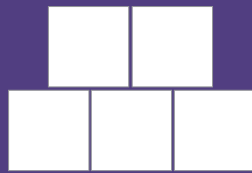
= 17 minutes



## Chocolate Milk

8 oz.

188 calories  
5 teaspoons of sugar



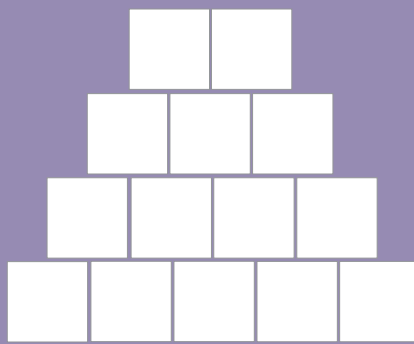
= 20 minutes



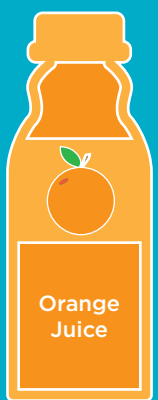
## Sports Drink

32 oz.

200 calories  
14 teaspoons of sugar



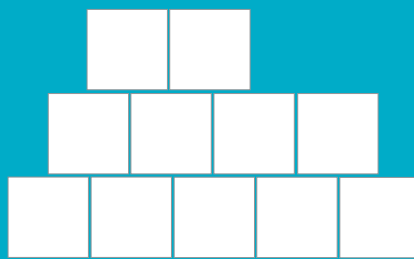
= 21 minutes



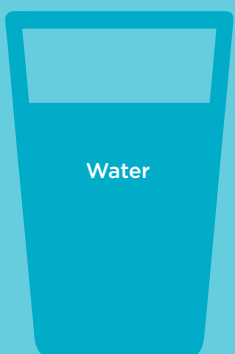
## Orange Juice

15.2 oz.

220 calories  
11 teaspoons of sugar



= 24 minutes



## Water

8 oz.

0 calories  
0 teaspoons of sugar

# ZERO SUGAR

= 0 minutes

