Rethink Your Drink

Did you know?
3,500 calories is equal to one pound of fat.

Orange Juice:
110 calories
22 grams sugar
8 oz.

Mocha:
440 calories
54 grams sugar
16 oz.

Cola:
240 calories
65 grams sugar
20 oz.

Fruit Punch:
160 calories
40 grams sugar
8 oz.

Sweet Tea:
120 calories
32 grams sugar
12 oz.

Beer:
150 calories
1 gram sugar
12 oz.

Moderation is key.

American Heart Association Recommends:
Limit added sugars to no more than 36 grams for men, or 25 grams for women, per day

A Day of Beverages
1,220 calories | 214 grams sugar

Thinking about making a change?
Contact your Health & Wellness Center!

Quick tip!
Cutting 500 calories from your diet can potentially lead to 1 lb. of weight loss in a week.