

What's In Your Drink?



Make it a Healthy One!

Skim milk has 90 calories, Vitamin D and calcium, but no added sugar.



Drink small servings (4oz) of 100% fruit or vegetable juice.



Water is still the perfect drink!!



While some sport drinks and sodas may be sugar free, they should not be used to replace fluids that offer nutrients.



Use skim milk and skip the whipped cream in coffee beverages.

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Not All Drinks Are Good For You!



Some sodas have 10 teaspoons of sugar and over 130 calories in a 12 oz serving.



A healthy appearing fruit smoothie may have 11 teaspoons of sugar and over 300 calories in a 16 oz serving.



A 16 oz. chocolate shake can have 38 teaspoons of sugar and 950 calories.



Fruity kids drinks may have 120 calories per 12 oz and 11 teaspoons of sugar.

Many energy drinks may contain over 360 calories and 24 teaspoons of sugar, as well as added caffeine.



Many coffee drinks contain calories from sugars and fat; as much as 13 teaspoons of sugar and 410 calories in 16 oz.

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