

WHAT TO EAT

AVOID SUGARY DRINKS

By far, the single most important thing you can do to be healthier is to avoid drinking your calories. Many drinks contain a lot of sugar and staying away from soda, energy drinks, sweet tea, orange juice and smoothies will have a big impact on your health!

GRAMS OF SUGAR PER 12 OZ.



36

ORANGE JUICE



39

SODA



36

BOTTLED SWEET TEA



44

CHOCOLATE MILK



40

LEMONADE



46

ENERGY DRINK

36 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!*