

rethink
YOUR
DRINK

Sugary drinks are the #1
source of added sugar
in the American diet.

Bebidas con azúcar son la
fuente #1 de azúcar añadida.

BEBIDAS
DEPORTIVAS

SPORTS
DRINK



(20 oz)



6 TSP

AGUA DE
SABOR

VITAMIN
WATER



(20 oz)

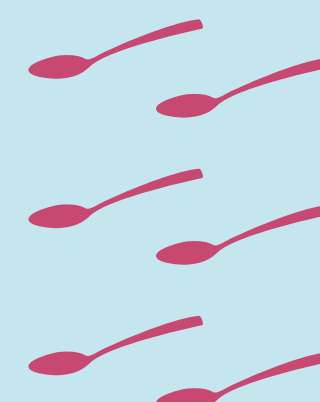


8 TSP

CAFÉ FRIO
COLD COFFEE
DRINK

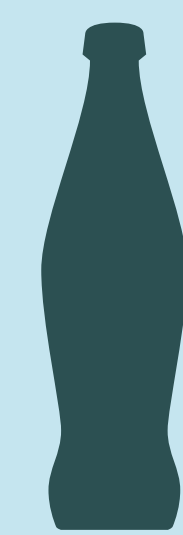


(14 oz)

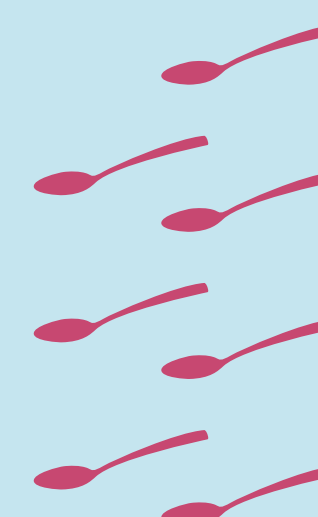


12 TSP

REFRESCO
SODA



(16 oz)



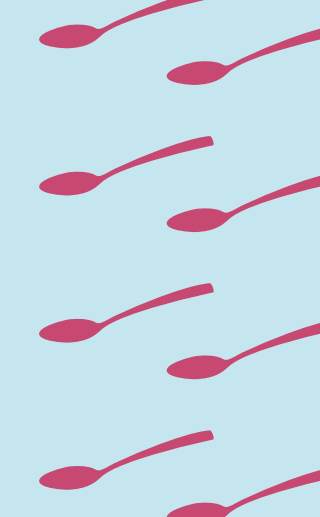
13 TSP

REFRESCOS
MEXICANOS

MEXICAN
SODA



(16 oz)



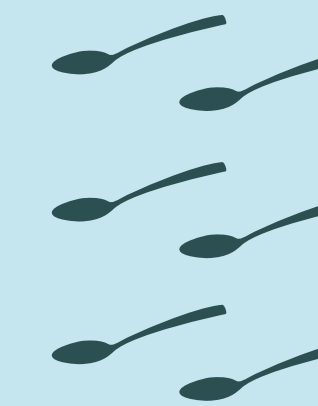
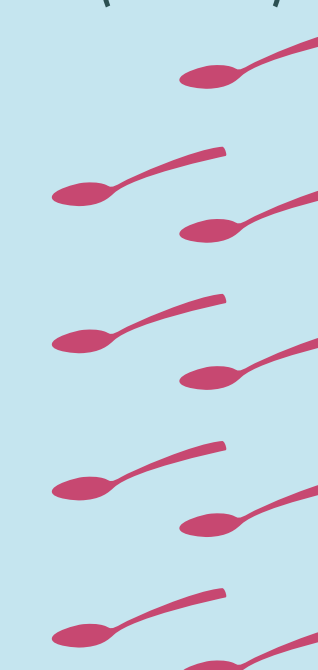
14 TSP

BEBIDAS
PARA ENERGÍA

ENERGY
DRINK



(16 oz)



15 TSP

The American Heart Association recommends a diet with less than 6 tsp of added sugars per day.

*Men less than 9 tsp.

La Asociación Americana del Corazón recomienda una dieta con menos de 6 cucharaditas de azúcar añadida por día.

*Hombres menos de 9 cucharaditas.

To burn off the calories from a 20-ounce cola, you would have to walk at moderate speed for about an hour!

Para quemar las calorías de un refresco de 20oz., tendrá que caminar a un paso moderado por una hora más o menos!

One 20 oz cola a day could result in gaining 25 pounds. One cup of chocolate milk could result in 5 pounds gained in a school year.

Un refresco de 20 onzas al día puede resultar en un aumento de 25 libras. Un vaso de chocolate puede resultar en un aumento de 5 libras en un año escolar.