

## What You Drink Makes More of a Difference Than You Think!

Drinks that contain a lot of sugar can be bad for your overall health. Drinking too much sugar can slow your mind from thinking clearly. Sugar can also increase the risk of strokes and blood clots.

**Did you know?** Sugar actually drains your energy.

| Occasion                        | Instead of...                                     | Calories   | Sugar (g) | Try...  | Calories   | Sugar (g) |
|---------------------------------|---|------------|-----------|---|------------|-----------|
| Morning coffee run              | Medium vanilla latte made with whole milk (16 oz) | 290        | 35        | Small vanilla latte made with fat-free milk (12 oz) | 110        | 18        |
| Lunchtime meal                  | 20 oz. bottle of regular pop                      | 150        | 16        | Bottle of water or diet pop (20 oz)                 | 0          | 0         |
| Afternoon snack                 | Sweet iced tea (16 oz)                            | 150        | 39        | Sugar-free lemonade                                 | 0          | 0         |
| Dinnertime meal                 | A glass of chocolate milk (8 oz)                  | 188        | 6         | Water with a slice of lemon or lime                 | 0          | 0         |
| <b>Total beverages consumed</b> |   | <b>778</b> | <b>96</b> |   | <b>110</b> | <b>18</b> |