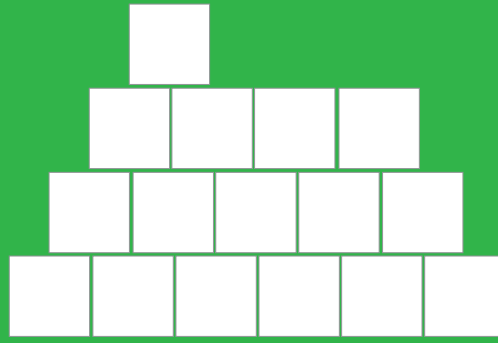


How Many Minutes of Running Does it Take to Burn off a Sugary Drink?

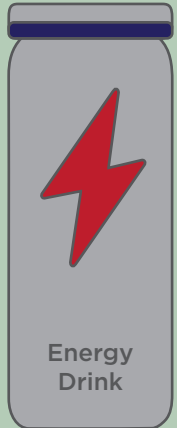


Pop
20 oz.

150 calories
16 teaspoons of sugar

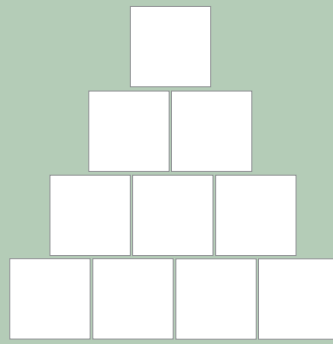


= 16 minutes



Energy Drink
12 oz.

160 calories
10 teaspoons of sugar

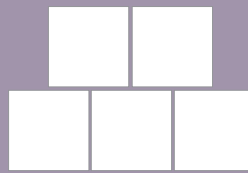


= 17 minutes



Chocolate Milk
8 oz.

188 calories
5 teaspoons of sugar

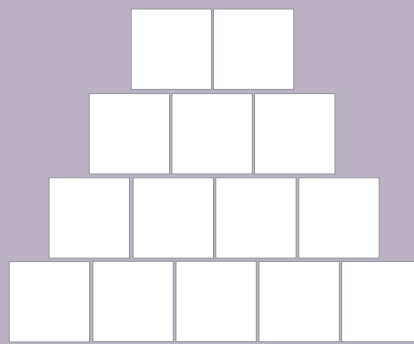


= 20 minutes

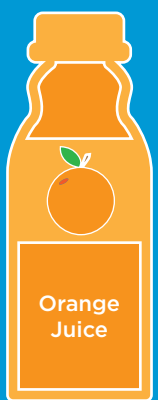


Sports Drink
32 oz.

200 calories
14 teaspoons of sugar

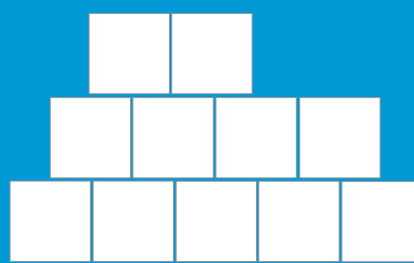


= 21 minutes

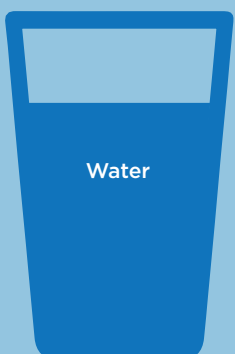


Orange Juice
15.2 oz.

220 calories
11 teaspoons of sugar



= 24 minutes



Water
8 oz.

0 calories
0 teaspoons of sugar

**ZERO
SUGAR**

= 0 minutes

