

Do you know how much sugar is in your beverage?



Check the label!

Serving Size

Calories

Sugar

This 591 ml bottle contains:

- almost 2.5 servings
- 260 calories
- 71 grams of sugar! (18 teaspoons)



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Beverage Basics

Drinking sugar sweetened beverages may lead to weight gain and tooth decay.



Choose these beverages everyday!



Tap
Water



Milk or
Fortified Soy Beverage



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