



Think Your Drink

Healthy Options & Better Choices:

- Water or mineral water, sparkling or still
- Calorie-free flavored drinks
- Brewed hot or iced tea, plain, no sugar
- Non-fat or low-fat (1%) non-flavored milk



Water or Sparkling Water

20 ounces = 0 calories
0 teaspoons sugar or fat



Non-Fat Milk

8 ounces = 80 calories
2 ½ teaspoons sugar (naturally occurring lactose)



Soda

20 ounces = 240 calories
16 ¼ teaspoons sugar



Energy Drink

16 ounces = 220 calories
13 ½ teaspoons sugar



Sports Drink

20 ounces = 130 calories
8 ½ teaspoons sugar



100% Orange Juice

16 ounces = 240 calories
14 teaspoons sugar



Fruit Smoothie

16 ounces = 210 calories
12 ¾ teaspoons sugar



Blended Coffee Drink with Whipped Cream

16 ounces = 380 calories
11 ¾ teaspoons sugar
3 teaspoons fat



= 1 teaspoon sugar = 1 teaspoon fat