
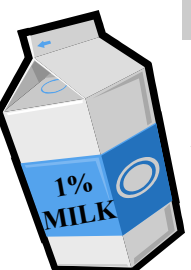









Rethink Your Drink

Before you gulp down your next beverage rethink what your about to drink. Some beverages such as water, milk, and juice provide our bodies with necessary fluid and vital nutrients. But many other beverages contain lots of calories and sugar with little or no nutrients. Check out what's in your drink below.

Everyday	 <p>Bottled Water Calories: 0 Added Sugars: 0 grams 0 tsp.</p> <p>20 ounces</p>	 <p>Low-Fat Milk (1%) Calories: 100 Added Sugars: 0 grams 0 tsp.</p> <p>8 ounces</p>	 <p>100% Juice Calories: 100 Added Sugars: 0 grams 0 tsp.</p> <p>8 ounces</p>
	 <p>Diet Soft Drink Calories: 0 Added Sugars: 0 grams 0 tsp.</p> <p>12 ounces</p>	 <p>Chocolate Milk Calories: 160 Added Sugars: 16 grams 4 tsp.</p> <p>8 ounces</p>	 <p>Sports Drink Calories: 180 Added Sugars: 38 grams 9.5 tsp.</p> <p>20 ounces</p>
	 <p>Soft Drink Calories: 140 Added Sugars: 36 grams 10 tsp.</p> <p>12 ounces</p>	 <p>Soft Drink Calories: 250 Added Sugars: 65 grams 16 tsp.</p> <p>20 ounces</p>	 <p>Fruit Drink Calories: 300 Added Sugars: 76 grams 19 tsp.</p> <p>20 ounces</p>