Wellness Wednesday:

Rethink your drink!

What do you typically drink throughout the day? Note: 4g of sugar equals 1 teaspoon.

Water (0g sugar)
Coca cola (20 oz. bottle = 65g sugar = 16 tsp. = 6 Reese’s peanut butter cups)
Gatorade (32 oz. bottle = 56g sugar = 14 tsp. = 12 Oreos)
Sweet tea (20 oz. bottle = 30g = 8 tsp. = 12 Hershey kisses)
Red Bull (8.4 oz. can = 27g = 7 tsp. = 8 Chips Ahoy)

Are you surprised by the amount of sugar in your drink? Does comparing it to sugar in food affect how you view your sweetened beverages?