



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?

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