

HOW MUCH

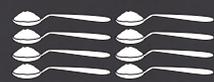
SUGAR IS IN YOUR
DRINK?



16-OUNCE
POWDERED DRINK



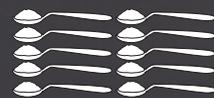
10-OUNCE FRUIT-
FLAVORED DRINK



20-OUNCE
SPORTS DRINK



12-OUNCE
SODA



 = 1 TEASPOON
OF SUGAR



SKIP ALL THAT ADDED SUGAR.

DRINK
WATER!



playeveryday.alaska.gov

