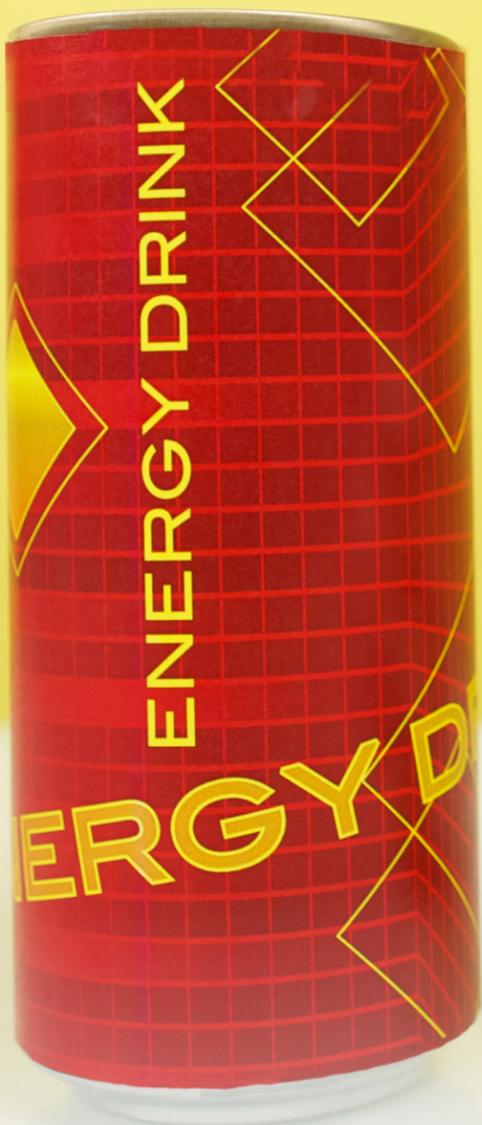


**A 16-ounce energy drink  
can have as much sugar as  
5 ice cream sandwiches.**



*You wouldn't eat that much sugar,  
so why drink it?*

**Choose a healthier option.  
Drink water or low-fat milk.**

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**Get the facts at [playeveryday.alaska.gov](http://playeveryday.alaska.gov).**

