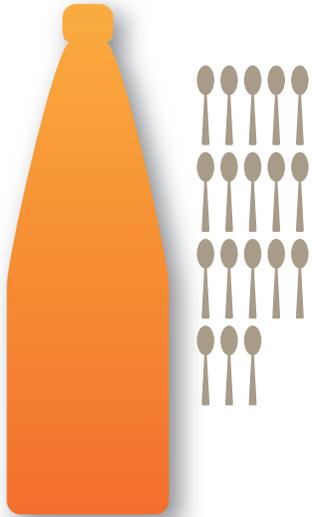


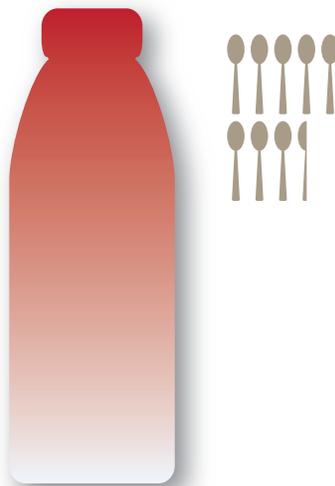
QUENCH YOUR THIRST

Switching from a 20-ounce bottle of soda to a 20-ounce glass of water can save you up to 200 calories. That's the equivalent of swimming for 30 minutes!



Sunkist®
 20 ounces
 210 calories, 18 tsp sugar

350%
 of Recommended
 Daily Sugars



Gatorade®
 20 ounces
 130 calories, 8.5 tsp sugar

140%
 of Recommended
 Daily Sugars



Water
 20 ounces
 0 calories, 0 tsp sugar

0%
 of Recommended
 Daily Sugars

Quench your thirst with these simple tips:

- Carry a water bottle with you and refill it throughout the day.
- Choose water at meals. Make it more exciting by adding slices of lime, lemon, orange, or cucumber.
- When you do choose a sugar-sweetened beverage, choose the smallest size available.
- Don't replace soda with fruit drinks, energy drinks, or sports drinks. These also contain extra sugar.
- Read labels. Avoid drinks with ingredients like sugar, fructose, high-fructose corn syrup, sucrose, cane juice, and dextrose.

References

1. Sunkist. 2013. 21 January 2013. <<http://www.sunkistsoda.com/product.php>>
2. Pepsi Co. 9 January 2013. 21 January 2013. <http://www.pepsicobeveragefacts.com/infobyproduct.php?prod_type=1026&prod_size=20&brand_fam_id=1043&brand_id=1002&product=Gatorade+Orange>
3. SparkPeople. "20 Ways to Torch 200 Calories." 19 February 2012. <<http://www.sparkpeople.com/resource/slideshow.asp?show=27>>

