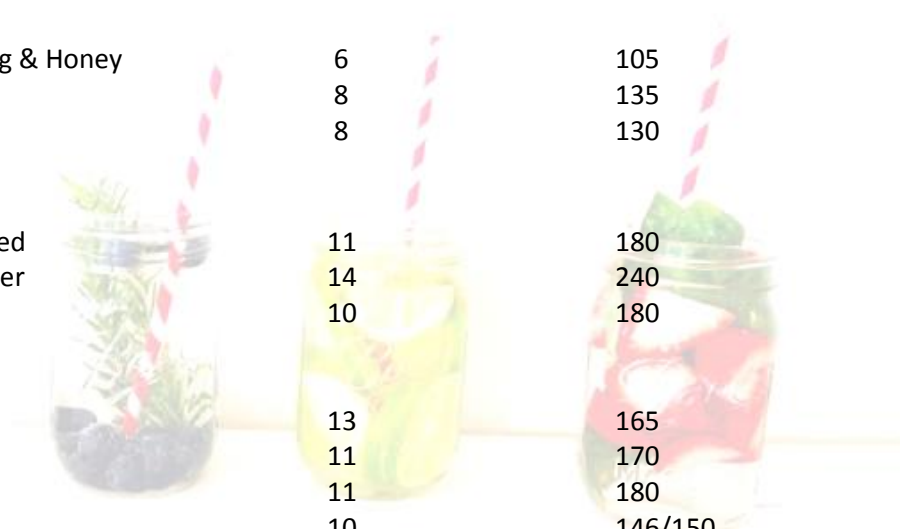


Re-Think your Drink!!

By: LT Pamela Gregory, Registered Dietitian

Are excess calories coming from your favorite drink?
Each 12 oz drink contains the following teaspoons of sugar & calories.

Sports/Energy drinks	Teaspoons Sugar	Calories
Full Throttle	10	167
Red Bull	10	165
SoBe Adrenaline Rush	12	195
100% Juice		
Naked Juice Pomegranate/Blueberry	13	225
POM Wonderful Pomegranate juice	14	240
Welch's Grape Juice	15	255
Ice Tea's		
AriZona Green Tea w/Ginseng & Honey	6	105
Snapple Iced Tea Peach	8	135
Lipton Brisk Green	8	130
Fruit Punch		
Hawaiian Punch Fruit Juice Red	11	180
Odwalla Strawberry C-Monster	14	240
Sunny D Tangy Original style	10	180
Carbonated Soft Drinks		
Fanta Orange	13	165
Mt. Dew	11	170
A&W Root Beer	11	180
Coke/Pepsi	10	146/150
Smoothies & Flavored Milk		
Jamba Juice Mango Peach Topper	15	375
Naked Juice Protein Zone Banana Chocolate	14	260
Odwalla Original Super Protein	12	285
Stonyfield Farm Raspberry Smoothie	11	276
Better Choices		
Seltzer w/splash of juice	1	15
Coffee/tea w/1 pkt sugar	1	15
Water	0	0



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