

RETHINK YOUR DRINK

Drink	Container Size	Sugar Type	Calories Per Container	Teaspoons of Sugar Per Container	Walking Time to Burn Off Drink
Water	20 fl. oz.	Sugar-Free	0	0 tsp	0 minutes
Soda	20 fl. oz	Added Sugar	240	14 tsp	52 minutes
Sports Drink	32 fl. oz.	Added Sugar	200	13 tsp	43 minutes
Energy Drink (Red Bull)	8.4 fl. oz.	Added Sugar	110	7 tsp	24 minutes
Energy Drink (Monster)	16 fl. oz.	Added Sugar	210	14 tsp	45 minutes
Vitamin Enhanced Water	20 fl. oz.	Added Sugar	120	8 tsp	26 minutes
Cold Coffee Drink (Starbucks Mocha)	13.7 fl. oz.	Added Sugar	260	11 tsp	56 minutes
Iced Tea	18.5 fl. oz.	Added Sugar	160	10 tsp	35 minutes
Juice Pouch (Capri Sun)	11.2 fl. oz	Added Sugar	130	8 tsp	28 minutes

Sourcing/Disclaimer:

Notes: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour).

Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to next whole number.

1. United States Department of Health and Human Services, U. S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005.

Table 4. Calories/Hour Expended in Common Physical Activities. <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm> Accessed May 15, 2012.

THINK BEFORE YOU DRINK!

**American Heart Association
recommended daily intake of sugar:**

Adult Women: No more than 6 tsp (25 grams)

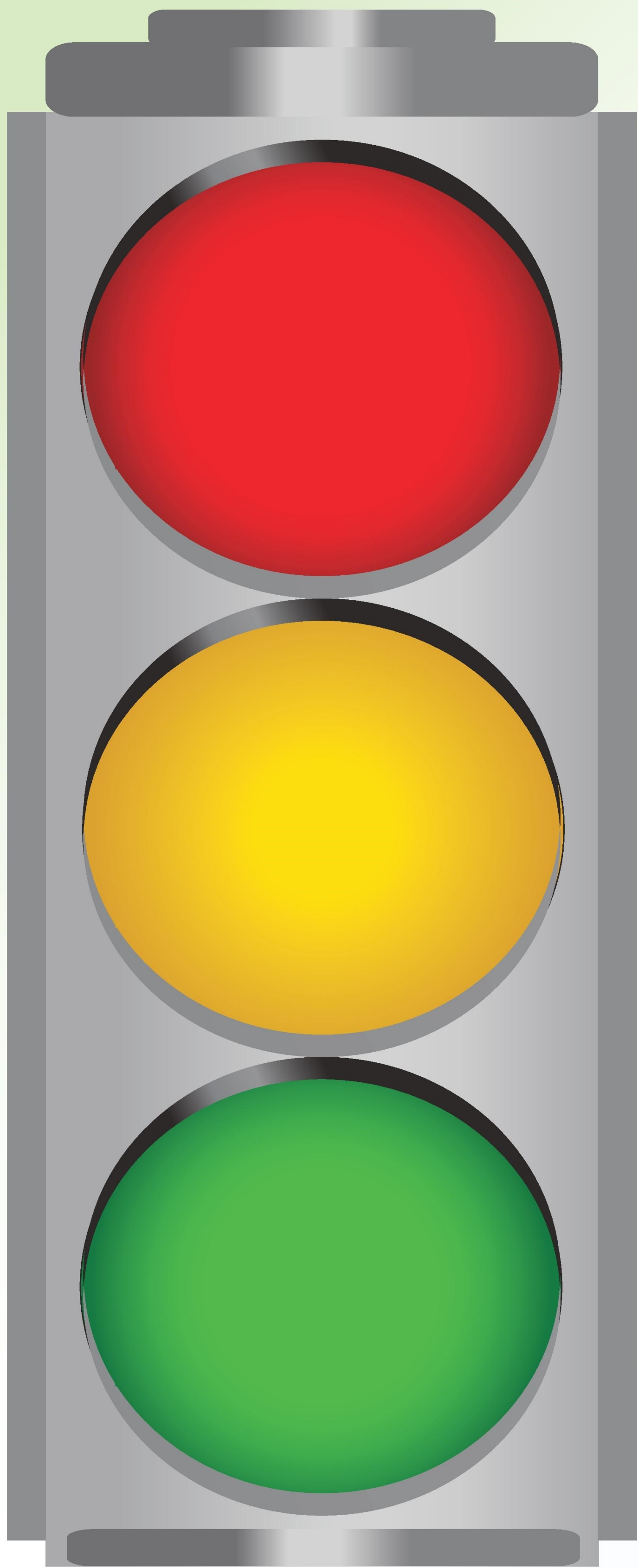
Adult Men: No more than 9 tsp (37 grams)

Children: No more than 3 tsp (12 grams)

Teens: No more than 8 tsp (33 grams)

**How many teaspoons do you and your family
consume each day?**

Rethink your Drink



RED

Drink Rarely, If At All

- Regular sodas
- Energy or sports drinks
- Sweetened coffee/tea drinks
- Fruit drinks

YELLOW

Drink Occasionally

- Diet soda
- Low-calorie, low-sugar drinks
- 100% juice

GREEN

Drink Plenty

- Water
- Seltzer water
- Skim or 1% milk

Drinking sugary beverages can lead to diabetes, hypertension and some types of cancers. Research shows that making healthier drinks more affordable and convenient helps everyone make healthier decisions. **Go on GREEN today!**



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Heart
Association

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