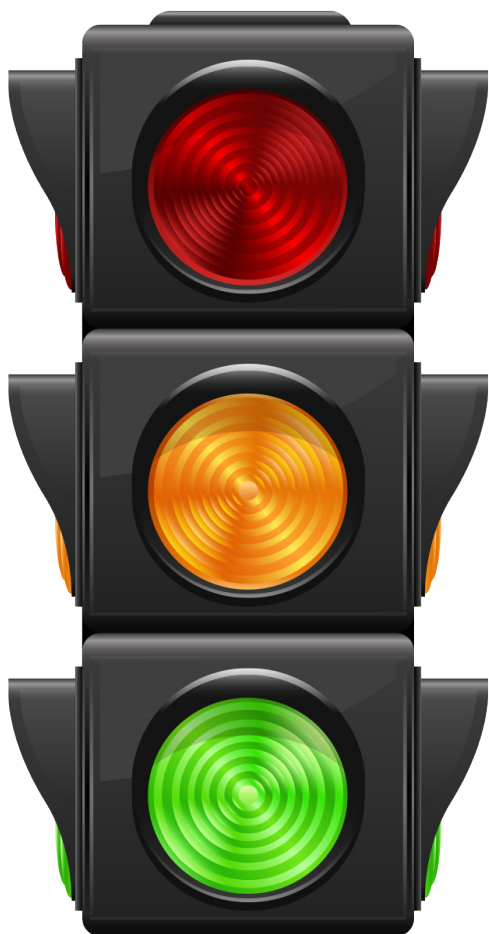


STOP!

Rethink your

DRINK

Go On **GREEN**



● Drink Rarely, if at all

- Regular Sodas
- Sports Drinks*
- Sweetened Coffee Drinks
- Energy Drinks
- Sweetened Tea
- Fruit & Juice Drinks with added sugar

● Drink Sometimes

- Diet Sodas
- Diet Iced Tea
- 100% Juice
- Low Calorie Drinks
- Low Sugar Drinks
- Low Calorie Sports Drinks

● Drink Freely

- Water
- Seltzer Water
- Skim or 1% Milk
- Unsweetened Tea
- Unsweetened Coffee

*Sports drinks are unnecessary for general consumption. They are for rehydration during high-intensity exertion such as marathon running or strenuous exercise outdoors on high heat index days (ex: summer soccer or football).

Choose the road to a
HEALTHIER YOU!



HealthyLincoln.org

Partnership for a Healthy Lincoln

Just know the colors....

How popular beverages rank

Popular Beverages	Container Size	Calories per container	Sugar Type	Teaspoons sugar per container	Miles to walk off a container	
Mountain Dew	20 oz	290 Cal	Added Sugar	19.25 tsp	3 1/2 mi	●
Fanta	20 oz	270 Cal	Added Sugar	18.5 tsp	3 1/2 mi	●
Pepsi	20 oz	250 Cal	Added Sugar	17.25 tsp	3 1/4 mi	●
Coca Cola	20 oz	240 Cal	Added sugar	16.25 tsp	3 mi	●
Sprite/Sierra Mist/7 Up	20 oz	240 Cal	Added Sugar	16 tsp	3 mi	●
Dr. Pepper	20 oz	250 Cal	Added Sugar	16 tsp	3 mi	●
Whole Chocolate Milk	8 oz	220 Cal	Added Sugar & Natural Sugar	6.75 tsp	2 3/4 mi	●
Monster	16 oz	210 Cal	Added Sugar	13.5 tsp	2 1/2 mi	●
Frappuccino	13.7 oz	290 Cal	Added sugar & Natural sugar	11.5 tsp	3 1/2 mi	●
Gatorade	20 oz	130 Cal	Added Sugar	8.5 tsp	1 1/2 mi	●
Red Bull	8.4 oz	110 Cal	Added Sugar	6.75 tsp	1 1/2 mi	●
Pepsi Next	20 oz	100 Cal	Artificial Sweetener & Added Sugar	6.5 tsp	1 1/4 mi	●
1% Chocolate Milk	8 oz	140 Cal	Added Sugar & Natural Sugar	4.5 tsp	1 3/4 mi	●
Capri Sun	6 oz	60 Cal	Added Sugar & Natural Sugar	4 tsp	3/4 mi	●
V8 Fusion-Vegetable & Fruit	8 oz	120 Cal	Natural Sugar	6.25 tsp	1 1/2 mi	●
Skim Chocolate Milk	8 oz	120 Cal	Added Sugar & Natural Sugar	4.5 tsp	1 1/2 mi	●
Juicy Juice 100% Juice	4.2 oz	60 Cal	Natural Sugar	3.5 tsp	3/4 mi	●
G2	20 oz	45 Cal	Added Sugar & Artificial Sweetener	3 tsp	1/2 mi	●
Diet Mountain Dew	20 oz	10 Cal	Artificial Sweetener & Added Sugar	.25 tsp	1/4 mi	●
Diet Snapple	16 oz	10 Cal	Natural Sugar & Artificial Sweetener	.25 tsp	1/4 mi	●
Mio	1 squeeze	0 Cal	Artificial Sweetener	0 tsp	0 mi	●
Diet Pepsi	20 oz	0 Cal	Artificial Sweetener	0 tsp	0 mi	●
Diet Dr. Pepper	20 oz	0 Cal	Artificial Sweetener	0 tsp	0 mi	●
Coke Zero/Pepsi Max	20 oz	0 Cal	Artificial Sweetener	0 tsp	0 mi	●
1% Unflavored Milk	8 oz	110 Cal	Natural Sugar	3 tsp	1 1/2 mi	●
Skim Unflavored Milk	8 oz	90 Cal	Natural Sugar	3 tsp	1 1/2 mi	●
Unsweetened Tea	18.5 oz	0 Cal	Sugar-free	0 tsp	0 mi	●
Unsweetened Coffee	16 oz	0 Cal	Sugar-free	0 tsp	0 mi	●
Bottled Water	Any Size	0 Cal	Sugar-Free	0 tsp	0 mi	●



Maybe not.



Ok sometimes.



Go for it.

4 grams = 1 teaspoon sugar Mileage based on 150 lb person at 3 miles per hour (79.5 cal/mile)

