

HEALTHY EATING

How much sugar is hiding in that drink?

**KNOW WHAT YOU ARE DRINKING
IT MIGHT BE A WHOLE PILE OF SUGAR**



ICED TEA
(355ml)

8 cubes



VITAMIN WATER
(591ml)

8 cubes



POP
(355ml)

10 cubes



SPORTS DRINK
(700ml)

10 cubes



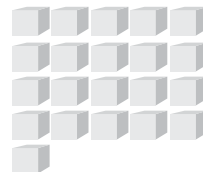
ENERGY DRINK
(500ml)

14 cubes



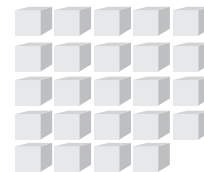
LARGE POP
(730ml)

21 cubes



LARGE SLUSH
(1000ml)

24 cubes



WATER
(any size)

0 cubes

TAKE CARE
OF YOUR
EQUIPMENT