

Re-Think Your Drink

SUGAR
17
teaspoons

START

SUGAR
13.5
teaspoons

SUGAR
13.5
teaspoons

SUGAR
13
teaspoons

SUGAR
14.5
teaspoons

SUGAR
13.5
teaspoons

SUGAR
9.0
teaspoons

SUGAR
9.5
teaspoons

FINISH

No Sugar!

#1 Water!



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For nutrition information: www.c4yourself.com
For food stamp information: www.c4yourself.com or call 877-847-3663.
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partner to lead DSHN and the Network for a Healthy California—Desert Sierra Region.



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Desert Sierra Region
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