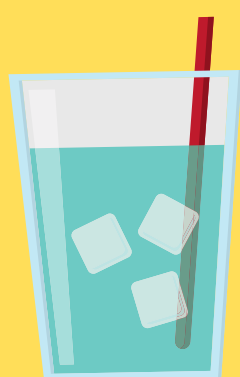


HEALTHY EATING:

SUGAR SUGAR



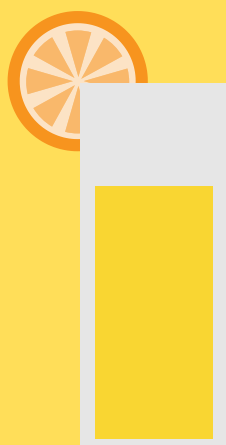
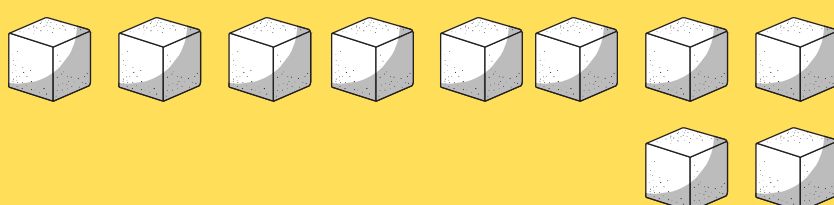
1 WATER

A glass of water contains no sugar and is a healthy choice!



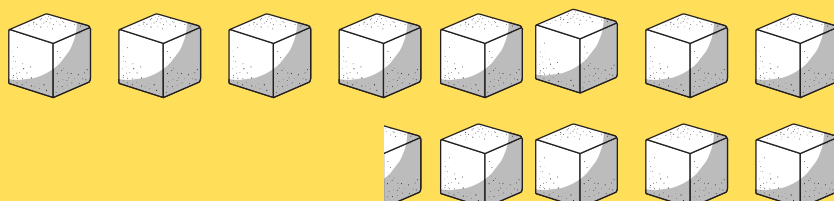
2 COLA

One can of Cola contains the equivalent of 10 sugar cubes



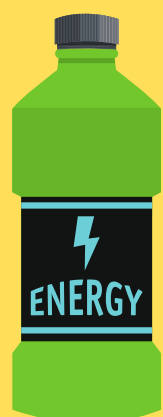
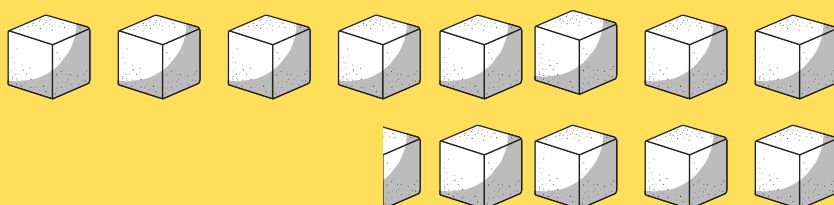
3 APPLE JUICE

A 450 mL bottle of apple juice contains 12.5 sugar cubes



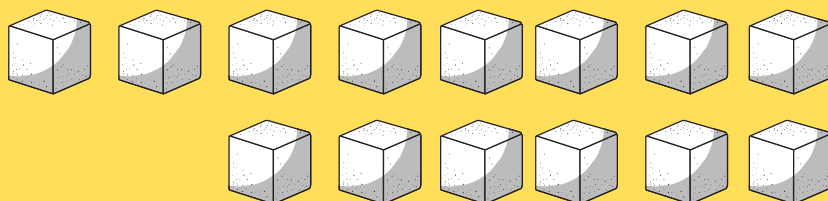
4 CHOCOLATE MILK

A 2 L carton of chocolate milk contains at least 12.5 sugar cubes



5 ENERGY DRINK

One 500 mL can contain as little as 14 sugar cubes



6 SPORTS DRINK

One 750 mL sports drink bottle contains as much as 15 sugar cubes

