## RETHINK calories YOUR DRINK

## NON-ALCOHOLIC DRINKS

Liquids make up 22% of calories in the average American's diet.

Chocolate Milkshake, — 16 oz

> Mountain — Dew, 32 oz



## STARBUCKS PUMPKIN SPICE LATTE:

Drink 2 of these a week and you'll gain 9 lbs in a year! \*



## PEPSI:

Drink 1 of these every day and you'll gain 16 lbs in a year!\*

\* When consumed as excess calories

White
Chocolate ——
Mocha, 16 oz

Pumpkin Spice Latte, 12 oz

Starbucks Frappuccino, 9.5 oz

> Pepsi, 12 oz ———— 2% Milk, \_\_\_\_\_

> > 8 oz

400

**800 Calories** 

600

McDonald's Sweet Tea, 32 oz

200

— Chocolate milk, 8 oz

Monster,Redbull 12 oz

\_ Gatorade, 12 oz

\_\_ Diet Pepsi, 12 oz

Water — 0 Calories



STUDENT HEALTH SERVICES