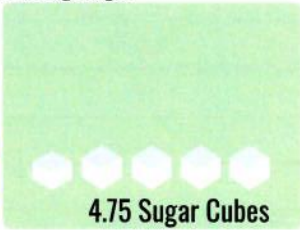


# What's in Your Drink?

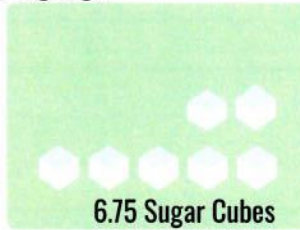
Recommended Daily Maximum Sugar Intake = 6 teaspoons (25g)

4 grams sugar = 1 teaspoon = 1 sugar cube

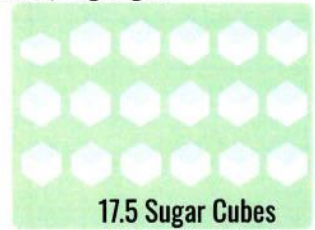
**SUNNY D (334ML)**  
70 Calories | 19g sugar



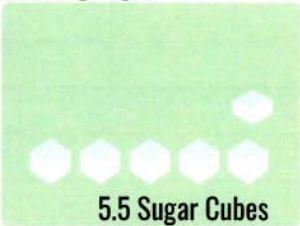
**REDBULL (225ML)**  
115 Calories | 26g sugar



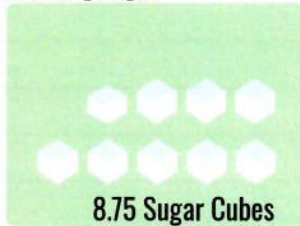
**COCA COLA (591ML)**  
260 Calories | 70g sugar



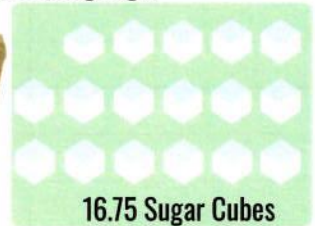
**TIM HORTONS MEDIUM  
DOUBLE DOUBLE (334ML)**  
210 Calories | 22g sugar



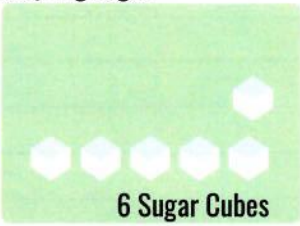
**ORANGE GATORADE (591ML)**  
150 Calories | 35g sugar



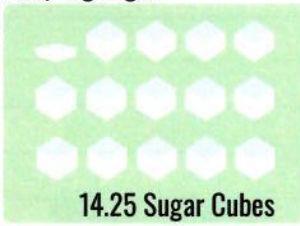
**TIM HORTONS LARGE ICE CAPP  
WITH CHOCOLATE MILK (648ML)**  
310 Calories | 67g sugar



**AQUAFINA PLUS+ VITAMINS  
ORANGE TANGERINE WATER  
BEVERAGE (450ML)**  
100 Calories | 24g sugar



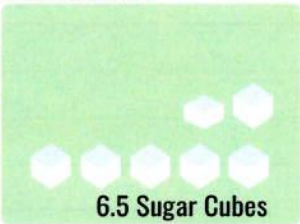
**MINUTE MAID APPLE CRANBERRY  
RASPBERRY JUICE (450ML)**  
230 Calories | 57g sugar



**MCDONALDS MEDIUM MANGO  
PINEAPPLE SMOOTHIE (334ML)**  
260 Calories | 60g sugar



**1% CHOCOLATE MILK (250ML)**  
160 Calories | 26g sugar



"Mother Earth gave us all the  
sweetness we need, its called fruit!"

- Yellow Wolf