

CareHere!

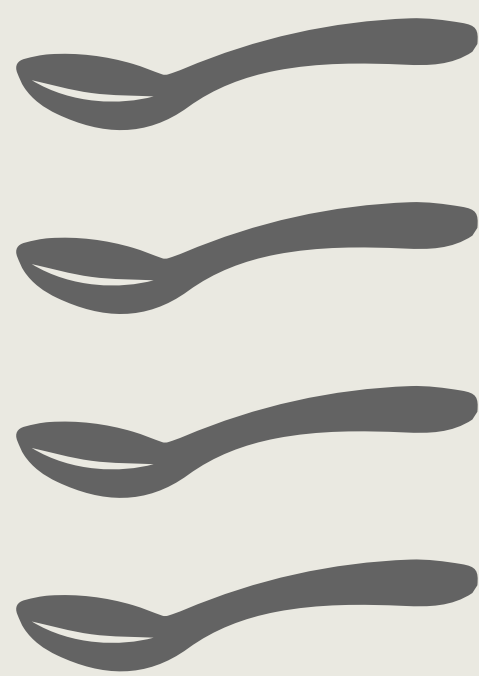
RETRO DRINK

YOUR DRINK

Most people should consume no more than 6-9 teaspoons of added sugars per day. Sugar contains calories and in excess, can lead to weight gain. Contact your CareHere Health Coach for more information about maintaining a healthy weight.



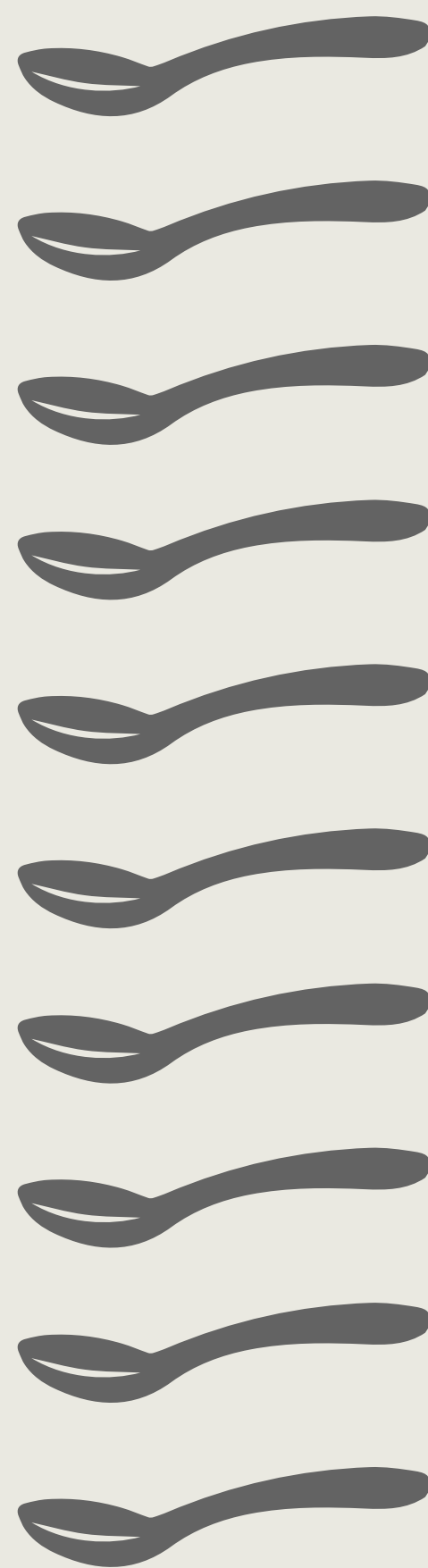
6 oz
Orange Flavored
Juice Drink



4 tsp.



12 oz
Cola



10 tsp.



32 oz
Sports Drink



13 tsp.



9.5 oz
Cappuccino
Flavored Drink



8 tsp.



Large
Fast Food
Sweet Tea



13^{1/2} tsp.

 = 1 teaspoon of sugar