







Rethink your drink

Do you know how many calories and sugar are in your favorite daily drink?

-  **Orange juice**
8 oz. | 110 calories | 22 grams sugar
-  **Mocha**
16 oz. | 440 calories | 54 grams sugar
-  **Soda**
20 oz. | 240 calories | 65 grams sugar
-  **Fruit punch**
8 oz. | 160 calories | 40 grams sugar
-  **Sweet tea**
12 oz. | 120 calories | 32 grams sugar
-  **Beer**
12 oz. | 150 calories | 1 gram sugar

= 1,220 calories | 214 grams sugar

Moderation is key

Know what you're drinking. Men should limit their sugar intake to no more than 36 grams per day; for women, no more than 25 grams per day. Did you know cutting just 500 calories from your diet can lead to one pound of weight loss per week?

For more tips, contact your Everside Health provider today or visit eversidehealth.com/signin

