

ReThink Your Drink

START

SUGAR
17
teaspoons

SUGAR
13.5
teaspoons

SUGAR
13.5
teaspoons

SUGAR
13
teaspoons

SUGAR
14.5
teaspoons

SUGAR
13.5
teaspoons

SUGAR
9.0
teaspoons

SUGAR
9.5
teaspoons

FINISH

No
Sugar!

#1
Water!



Public Health Department
Santa Clara Valley Health & Hospital System

