



BALANCED  
LIVING  
**LEVERAGE**

# Are you drinking Candy?

Fitness Training & Nutrition



Water - 0g



Unsweetened Tea - 0g



Juice Drink/Chocolate Milk - 24g



Sports Drink - 34g



Can of Soda - 44g



Large Frozen Drink - 46g



Large Soda - 51g





Large Flavored Coffee/Energy Drink ~ 60g



Large Sweet Tea - 71g



 = 1 teaspoon or 4 grams of sugar 

**Joe Raleigh**

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