

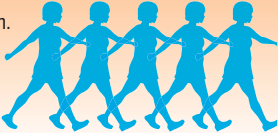























# Choose health. Drink water.

| Drink, Calories and Container Size (fluid ounces)   | Teaspoons of Sugar per Container Size  | Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)                                    |
|---|--|--|
|  <b>Soda</b><br><b>227</b> calories<br>20 fl. oz.                    | <b>14</b> tsp<br>   | <b>49</b> min.<br>   |
|  <b>Sports Drink</b><br><b>125</b> calories<br>20 fl. oz.            | <b>9</b> tsp<br>    | <b>27</b> min.<br>   |
|  <b>Energy Drink</b><br><b>240</b> calories<br>16 fl. oz.            | <b>15</b> tsp<br>   | <b>52</b> min.<br>   |
|  <b>Juice Drink</b><br><b>305</b> calories<br>20 fl. oz.             | <b>17</b> tsp<br>   | <b>66</b> min.<br>   |
|  <b>Fruit-flavored Soda</b><br><b>165</b> calories<br>12.5 fl. oz. | <b>11</b> tsp<br> | <b>36</b> min.<br> |
|  <b>Vitamin-added Water</b><br><b>125</b> calories<br>20 fl. oz.   | <b>8</b> tsp<br>  | <b>27</b> min.<br> |
|  <b>Sweetened Tea</b><br><b>213</b> calories<br>20 fl. oz.         | <b>14</b> tsp<br> | <b>46</b> min.<br> |
|  <b>Water</b><br><b>0</b> calories<br>20 fl. oz.                   | <b>0</b> tsp<br>  | <b>0</b> min.<br>   |

**Note:** Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to the next whole number.

United States Department of Health and Human Services, U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2005*, Table 4, Calories/Hour Expended in Common Physical Activities. <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm>. Accessed May 15, 2012.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.



SIGN-556/Rev. 03/14