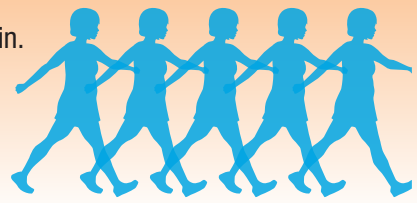
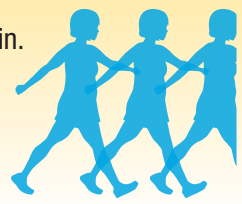
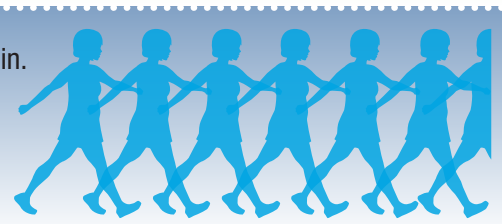
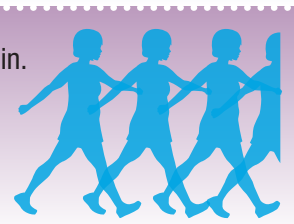
Choose health. Drink water.

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)
Soda **227** calories 20 fl. oz.	**14** tsp	**49** min. 
Sports Drink **125** calories 20 fl. oz.	**9** tsp	**27** min. 
Energy Drink **240** calories 16 fl. oz.	**15** tsp	**52** min.
Juice Drink **305** calories 20 fl. oz.	**17** tsp	**66** min. 
Fruit-flavored Soda **165** calories 12.5 fl. oz.	**11** tsp	**36** min. 
Vitamin-added Water **125** calories 20 fl. oz.	**8** tsp	**27** min.
Sweetened Tea **213** calories 20 fl. oz.	**14** tsp	**46** min.
Water **0** calories 20 fl. oz.	**0** tsp	**0** min.

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.

rethink YOUR DRINK

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

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