

You Are What You ...Drink!!!!

Today's average American consumes nearly 25% of the total number of calories that are supposed to be eaten in a day just in drinks alone! Add to that, the calories that are eaten and it is no wonder that American's struggle with weight concerns.



Have a look at these popular drinks and see how many calories can be saved in a day just by switching to water. You may be surprised at the caloric value of some of the apparently 'healthy' drinks.

Rockstar Energy Drink (1 can, 16 fl oz)

280 calories

0 g fat

62 g sugars

Sugar Equivalent: 6 Krispy Kreme Original Glazed Doughnuts

Tropicana Tropical Fruit Fury Twister (1 bottle, 20 fl oz)

340 calories

0 g fat

60 g sugars

Sugar Equivalent: Two 7-ounce canisters Redd-wip

McDonald's Triple Thick Chocolate Shake (large, 32 fl oz)

1,160 calories

27 g fat (16 g saturated, 2 g trans)

168 g sugars

Sugar Equivalent: 13 McDonald's Baked Hot Apple Pies

Dairy Queen Caramel MooLatte (24 fl oz)

870 calories

24 g fat (19 g saturated, 1 g trans)

112 g sugars

Sugar Equivalent: 12 Dunkin' Donuts Bavarian Kreme Doughnuts

SoBe Green Tea (1 bottle, 20 fl oz)

240 calories

0 g fat

61 g sugars

Sugar Equivalent: 4 slices Sara Lee Cherry Pie

Snapple Agave Melon Antioxidant Water (1 bottle, 20 fl oz)

150 calories

0 g fat

33 g sugars

Sugar Equivalent: 2 Good Humor Chocolate Éclair Bar

Source: 'Drink This Not That!'
