

# The Beverage Balancing Act

## All the Time...



**Water**  
0 calories  
0g sugar



Add a citrus wedge  
for flavor



**Seltzer Water**  
0 calories  
0g sugar



**Herbal Tea (caffeine-free)**  
0 calories  
0g sugar

## Sometimes...

Calories and sugar are based on an 8 oz (1 cup) serving.



**Aquafina®  
Flavor Splash**  
0 calories  
0g sugar



**POWERade®  
Zero**  
0 calories  
0g sugar



**Diet Sprite®**  
0 calories  
0g sugar



**Crystal  
Light®**  
5 calories  
0g sugar



**Diet Snapple®**  
7 calories  
0g sugar



**Plain Silk®  
Soy Milk**  
90 calories  
6g sugar



**Skim Milk**  
90 calories  
12g sugar

## Once in a While...

Calories and sugar are based on a 16 oz (2 cup) serving.

Drinking 1 less serving of these each day could lead to 1–2 lbs of weight loss a month!  
Assumes your eating and activity levels remain unchanged.



**SoBe® Lifewater**  
80 calories  
20g sugar



**Vitamin Water®**  
100 calories  
26g sugar



**Gatorade®**  
100 calories  
26g sugar



**Kool-Aid®**  
120 calories  
30g sugar



**Snapple® Tea**  
160 calories  
42g sugar



**Sprite®**  
200 calories  
52g sugar



**100% Orange**  
220 calories  
44g sugar



**V8 Fusion®**  
240 calories  
50g sugar



**Odwalla®  
Juice Shake**  
300 calories  
60g sugar



**Chocolate  
Milk Chug®**  
320 calories  
50g sugar



**Nesquik®  
Strawberry Milk**  
400 calories  
62g sugar

## Ready to Make Some Healthy Changes?

**We have a weight and wellness program JUST FOR YOU!** Floating Hospital for Children at Tufts Medical Center and the YMCA have joined forces to provide **the coolest weight and wellness program for teens** (11–18) who are ready to be happier and healthier. This **10-week** group nutrition and physical activity program includes hands-on learning, **a free 3-month YMCA membership and chances for awesome prizes!** To find out more and to see if you are eligible, give us a call!

[floatinghospital.org/CYW](http://floatinghospital.org/CYW)  
**617-636-3381**

