

# Beverage Buster!

Are you having trouble managing your weight? Check your nutritional knowledge about these very familiar beverages to see how many calories you are unwittingly adding to your calorie budget!

Type of Drink (12 oz)	Calories	Pounds gained in one year (two 12 oz servings daily)*	Teaspoons of sugar in each (12 oz) serving	Minutes of walking to burn off one (12 oz) serving
<b>Cola</b>	150	30	10	30 minutes
<b>Lemon-Lime Soda</b>	150	30	10	30 minutes
<b>Hawaiian Punch<sup>®</sup></b>	160	33	11	32 minutes
<b>Sunny Delight<sup>®</sup></b>	166	35	9	33 minutes
<b>Kool Aid<sup>®</sup></b>	133	27	8	27 minutes
<b>Lemonade (Frozen Concentrate)</b>	127	26	6	25 minutes
<b>All Sport<sup>®</sup></b>	93	20	7	18 minutes

\*pounds gained without changing current eating habits or exercise habits