

What's In Your Drink?

Be Aware of the Sugar in your Beverage


Nutrition Facts	
About 63 servings per container	
Serving size 2 cubes (7g)	
Amount per serving	
Calories 30	
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Total Sugars 7g	14% [†]
Protein 0g	

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[†]One serving adds 7g of sugar to your diet and represents 14% of the Daily Value for Added Sugars.









INGREDIENT: CANE SUGAR.

 <p>8g</p>  <p>Juice Pouch (half the sugar)</p>	 <p>19g</p>  <p>100% Juice Blend Juice Pouch</p>	 <p>20g</p>  <p>100% Juice Blend Fruit Punch No added Sugars</p>
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 <p>14g</p>  <p>8 oz of 2% Milk</p>	 <p>34g</p>  <p>1 Bottle of Sports Drink</p>	 <p>39g</p>  <p>1 Can of Coke</p>	 <p>42g</p>  <p>1 Bottle of Sweet Tea</p>
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Starbucks Beverages:

 <p>28g</p>  <p>Iced Matcha Latte - Grande</p>	 <p>54g</p>  <p>Caramel Frappuccino - Grande</p>	 <p>55g</p>  <p>Mocha Cookie Crumble Frappuccino - Grande</p>	 <p>34g</p>  <p>Dragon Drink Refresher - Venti</p>	 <p>40g</p>  <p>Cinnamon Dolce Latte - Grande</p>
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 <p>38g</p>  <p>Naked Strawberry Banana No Added Sugar</p>	 <p>8g</p>  <p>Vegetable Juice</p>	 <p>22g</p>  <p>100% Orange Juice</p>	 <p>0g</p> <p>Coffee - Black No Cream, No Sugar</p>	 <p>0g</p> <p>Water</p>
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¿Qué hay en tu bebida?

Sea Consciente del Azúcar en su Bebida

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INGREDIENT: CANE SUGAR.



8g



Bolsa de Jugo
(La mitad del azúcar)



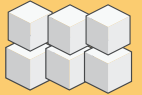
19g



Mezcla de Jugo 100%
Bolsa de Jugo



20g



Mezcla de Jugo 100%
Fruit Punch - Sin azúcares añadidos



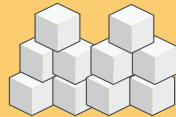
14g



8 onz de leche al 2%



34g



1 Botella de Bebida Deportiva



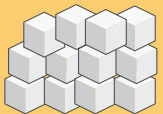
39g



1 Lata de Coca-Cola



42g



1 Botella de Té Dulce

Bebidas Starbucks:



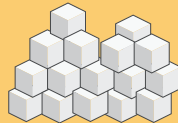
28g



Matcha Helado
Latte - Grande



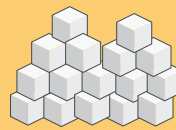
54g



Frappuccino de
Caramelo - Grande



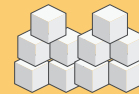
55g



Mocha Cookie Crumble
Frappuccino - Grande



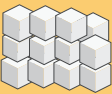
34g



Refresco de Bebida
de Dragón - Venti



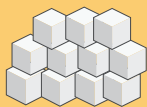
40g



Canela Dolce
Latte - Grande



38g



Naked Fresa Plátano
Sin Azúcar Añadido



8g



Jugo de Vegetales



22g



Jugo 100% Naranja



0g

Café - Negro
Sin Crema, Sin Azúcar



0g

Agua