



STOP. RETHINK YOUR DRINK. GO ON GREEN.

Red Drinks




One 18.5 fl. oz. bottle of Pure Leaf Iced Tea-Lemon contains ~ 10 tsp of sugar!






One 15.2 fl. oz. bottle of Ocean Spray Cranberry Juice Cocktail contains ~ 13 tsp of sugar!




One 20 fl. oz. bottle of Coca-Cola contains ~ 17 tsp of sugar!

Yellow Drinks

Just 4 ounces of 100% orange juice contains ~ 3 tsp of sugar.
(A 12 ounce serving of 100% fruit juice has about 12 tps. of sugar – the same as a soda!)



0 tsp of sugar
Drink occasionally; Yellow drinks can be used to help you move from RED to GREEN drinks.
Green drinks are always best for children.



0 tsp of sugar
Drink occasionally; Yellow drinks can be used to help you move from RED to GREEN drinks.
Green drinks are always best for children.

Green Drinks



0 tsp of sugar!
Up to 60% of the human body is made up of water! It is a no brainer that H₂O is always the best beverage to drink.



0 tsp of sugar!
Look no further than sparkling water to drink a sugarless beverage that is carbonated!



0 tsp of sugar!
Find water plain and boring? Add fruit, mint, or cucumber to flavor your water!