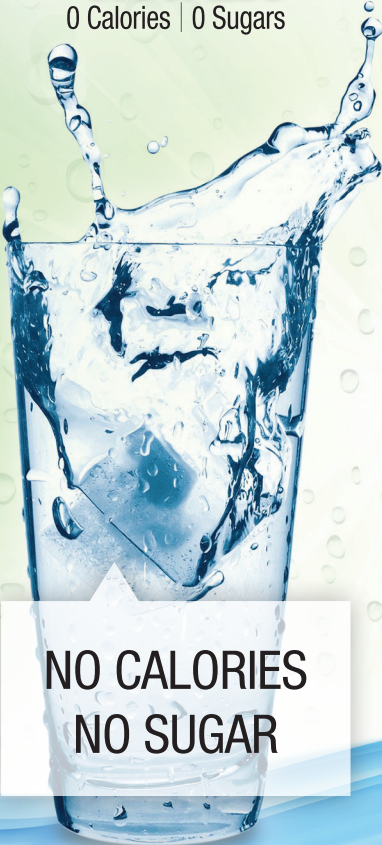


BE AWARE OF THE SUGAR IN YOUR DRINKS

20 Ounces of

WATER

0 Calories | 0 Sugars



NO CALORIES
NO SUGAR

16 Ounces of

SWEETENED ICED TEA

160 Calories | 10 Teaspoons of Sugar



rethink YOUR DRINK

 **NorthShore**
University HealthSystem

