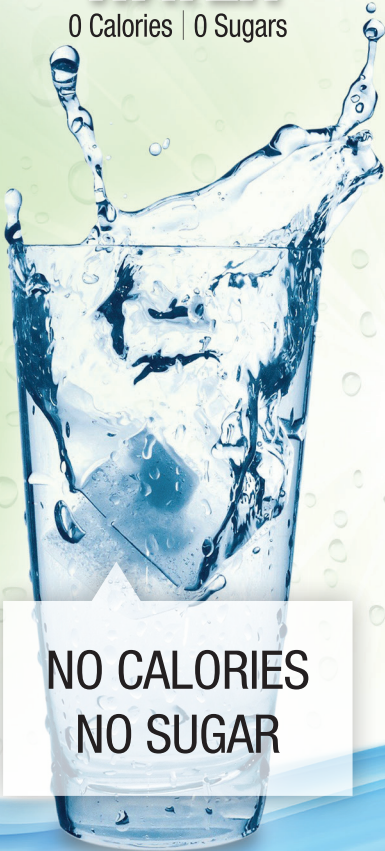


# BE AWARE OF THE SUGAR IN YOUR DRINKS

20 Ounces of

## WATER

0 Calories | 0 Sugars



NO CALORIES  
NO SUGAR

12 Ounces of

## JUICE

170 Calories | 9 Teaspoons of Sugar



# rethink YOUR DRINK

 **NorthShore**  
University HealthSystem

