NON-ALCOHOLIC DRINKS

Liquids make up 22% of calories in the average American’s diet.

STARBUCKS PUMPKIN SPICE LATTE: Drink 2 of these a week and you’ll gain 9 lbs in a year! *

PEPSI: Drink 1 of these every day and you’ll gain 16 lbs in a year!*  

* When consumed as excess calories

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800 Calories

Chocolate Milkshake, 16 oz

Mountain Dew, 32 oz

White Chocolate Mocha, 16 oz

Pepsi, 12 oz

2% Milk, 8 oz

Starbucks skinny latte, 12 oz

Coffee + skim milk, 12 oz

Water

600 Calories

Pumpkin Spice Latte, 12 oz

Mcdonald’s Sweet Tea, 32 oz

Starbucks Frappuccino, 9.5 oz

Chocolate milk, 8 oz

Pepsi, 12 oz

Monster, Redbull 12 oz

400 Calories

Coffee + skim milk, 12 oz

Gatorade, 12 oz

200 Calories

Pepsi, 12 oz

Chocolate milk, 8 oz

Diet Pepsi, 12 oz

0 Calories

* When consumed as excess calories