

RETHINK YOUR DRINK. calories

ALCOHOLIC DRINKS

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



LIGHT BEER:

Drink 5 of these a week and you'll gain 7 lbs in a year! *



JUMBO MARGARITA:

Drink 1 of these each week and you'll gain 10 lbs in a year! *



VODKA CRANBERRY:

Drink 3 of these each week and you'll gain 11 lbs in a year! *

* When consumed as excess calories

