

RETHINK YOUR DRINK calories

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

800 Calories

