

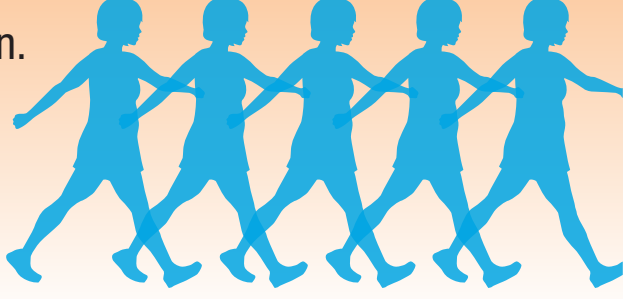























# Choose health. Drink water.

Drink, Calories and Container Size (fluid ounces)	Teaspoons of Sugar per Container Size	Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)
 <p><b>Soda</b> 258 calories 20 fl. oz.</p>	<p>15 tsp</p> 	<p>56 min.</p> 
 <p><b>Sports Drink</b> 125 calories 20 fl. oz.</p>	<p>9 tsp</p> 	<p>27 min.</p> 
 <p><b>Energy Drink</b> 240 calories 16 fl. oz.</p>	<p>15 tsp</p> 	<p>52 min.</p> 
 <p><b>Juice Drink</b> 305 calories 20 fl. oz.</p>	<p>17 tsp</p> 	<p>66 min.</p> 
 <p><b>Fruit-flavored Soda</b> 165 calories 12.5 fl. oz.</p>	<p>11 tsp</p> 	<p>36 min.</p> 
 <p><b>Vitamin-added Water</b> 125 calories 20 fl. oz.</p>	<p>8 tsp</p> 	<p>27 min.</p> 
 <p><b>Sweetened Tea</b> 213 calories 20 fl. oz.</p>	<p>14 tsp</p> 	<p>46 min.</p> 
 <p><b>Water</b> 0 calories 20 fl. oz.</p>	<p>0 tsp</p> 	<p>0 min.</p> 

**Note:** Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to the next whole number.

U.S. Department of Health and Human Services, U.S. Department of Agriculture. 2015-2020 Dietary Guidelines for Americans. USDA Food Composition Database. <https://sites.google.com/site/compendiumofphysicalactivities/compendia> (2011).