

How Many Calories Do You Drink?

<u>Beverage</u>	<u>Serving Size</u>	<u>Teaspoons Sugar</u>	<u>Calories</u>
Chocolate Milk	8 oz	6	190
Gatorade	8 oz 21 oz	3 ¼ 8	63 150
Sweet Tea	8 oz	5 ½	91
Coke	12 oz	9 ¾	155
Orange Juice	8 oz	5 ¾	130

How Many Calories Make Up 1 Pound?

It takes 3500 extra calories to gain a pound.

Therefore...

500 extra calories a day for one week will cause you to gain one pound.

Or...

500 calories less per day for one week will cause you to lose one pound.

If you drink 2 cans of soda daily for one month, you will have consumed **12.2 cups of sugar & 9300 extra calories.**

If you drink 2 cans soda daily for a year, you will have consumed **146 cups of sugar & 111,600 extra calories.**

Enough extra calories to gain 31.9 pounds in 1 year!

(If you change to water or unsweetened tea you could lose 31.9 pounds in 1 year!)

For questions or additional information you may call our Cardio Wellness Center at 816-751-8520.

www.cardiowellnesscenter.org