

ICED COFFEE. WAKE UP AND *smell* THE SUGAR.



1 CUP
=
6.5
CHOCOLATE
CHIP COOKIES
HOW CRUMBY!



8 PACKETS

Nutrition Facts

Serving Size: 1 16-oz. cup

Packets of
Sugar **8**

32.5 Total Sugar (grams)

Increased Risk of weight gain

Increased Risk of obesity

Increased Risk of type 2 diabetes

Increased Risk of tooth decay

Think iced coffee is good for you? Time to spill the beans. Most iced and flavored coffees contain staggering amounts of added sugar.

Also, when you're enjoying a homemade cup of Joe, avoid adding sugar and other flavorings. Or just drink refreshing, hydrating water to wake yourself up instead.

RETHINK *your* DRINK

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 **TSET**