JUICE BOXES.
NOT worth THE SQUEEZE.

1 BOX = 10 CHOCOLATE CANDIES
THAT’S CHOC-A-LOT!

Nutrition Facts
Serving Size: 1 6.75-oz. box

Packets of Sugar 5

- 20 Total Sugar (grams)
- Increased Risk of weight gain
- Increased Risk of obesity
- Increased Risk of type 2 diabetes
- Increased Risk of tooth decay

Sure, fruit juice has fruit in the name… but if it’s not 100% juice, it could contain as much added sugar as any other sugar-sweetened beverage.

So lose the juice. Choose healthy, refreshing water instead.

RETHINK your DRINK
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