

# JUICE BOXES. NOT *worth* THE SQUEEZE.



5 PACKETS

## 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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