

# SUGARY LEMONADE. DON'T *stand* FOR IT.



1 GLASS  
=  
**5.25**  
ICE POPS

**BRRRUTAL.**



**11 PACKETS**

## Nutrition Facts

Serving Size: 1 20-oz. glass

Packets of  
**Sugar** **11**

42 Total Sugar (grams)

**Increased** Risk of weight gain

**Increased** Risk of obesity

**Increased** Risk of type 2 diabetes

**Increased** Risk of tooth decay

When life gives you lemonade, make sure it doesn't contain any sugar. Most bottled and fountain lemonades are loaded with sugar—sometimes even more than soda. Don't stand for added sugar in your lemonade.

Either make your own using freshly squeezed lemons and no sugar, or drink healthy, hydrating water instead.

**RETHINK** *your* **DRINK**

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