

# SPORTS DRINKS

*healthy?*

# SORRY, SPORT.



1 BOTTLE  
=  
**5**  
PEANUT  
BUTTER  
CUPS  
THAT'S  
NUTS!



14 PACKETS

## Nutrition Facts

Serving Size: 1 32-oz. bottle

Packets of  
**Sugar** **14**

54 Total Sugar (grams)

**Increased** Risk of weight gain

**Increased** Risk of obesity

**Increased** Risk of type 2 diabetes

**Increased** Risk of tooth decay

Think sports drinks give you energy? A swing and a miss. That jolt of energy you feel is actually just your blood sugar levels rapidly rising. Your body is getting a sugar shock, and shockingly, you'll crash from it after about 30 minutes.

Be a good sport and choose healthy, hydrating water instead.

**RETHINK** *your* DRINK

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