

A HEALTHY DRINK? NOT YOUR *cup of* SWEET TEA.



1 GLASS
=
28
GUMMY BEARS
UNBEARABLE!



8 PACKETS

Nutrition Facts

Serving Size: 1 12-oz. glass

Packets of
Sugar **8**

33 Total Sugar (grams)

Increased Risk of weight gain

Increased Risk of obesity

Increased Risk of type 2 diabetes

Increased Risk of tooth decay

On its own, tea has several health benefits... but when you add sugar, you're brewing up trouble. Most sweet teas are packed with unhealthy sugar.

So tell sweet tea to pack its bag. Drink healthy, hydrating water instead.

RETHINK *your* DRINK

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 **TSET**