## AMP UP THE SUGAR CRASH. ENERGY DRINKS are UNHEALTHY.



## **Nutrition Facts**

Serving Size: 1 16-oz. can

Packets of Sugar

## 16

## 62 Total Sugar (grams)

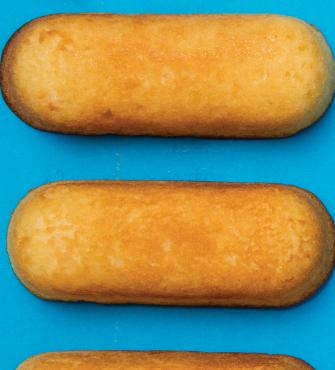
Increased	Risk of weight gain
Increased	Risk of obesity
Increased	Risk of type 2 diabetes
Increased	Risk of tooth decay

You may think they amp up your energy, but energy drinks bring down your health. They're packed with sugar, ramping up your risk for diabetes. Excessive consumption can be even more dangerous, contributing to high blood pressure and irregular heartbeats because of the high levels of caffeine.

So next time you need a boost, get-up-and-go with some ice-cold water instead.









**1CAN** 3.25 CREAMY FILLED CAKES

HOLY **CANNOLI!** 















