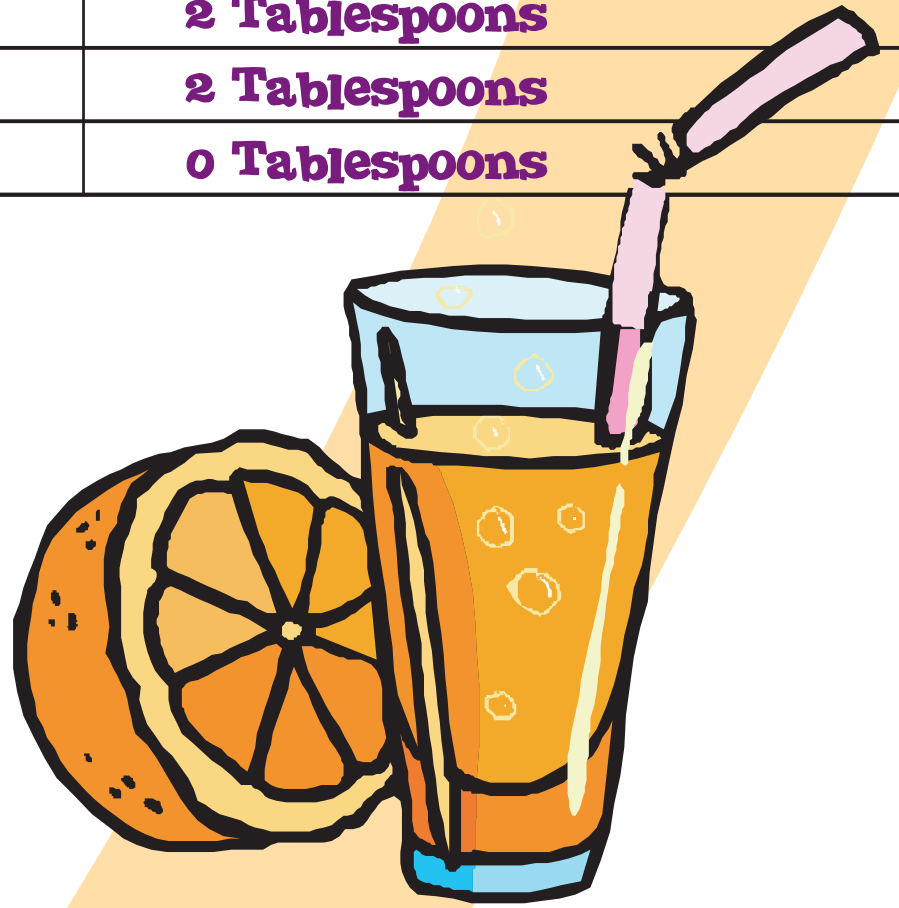
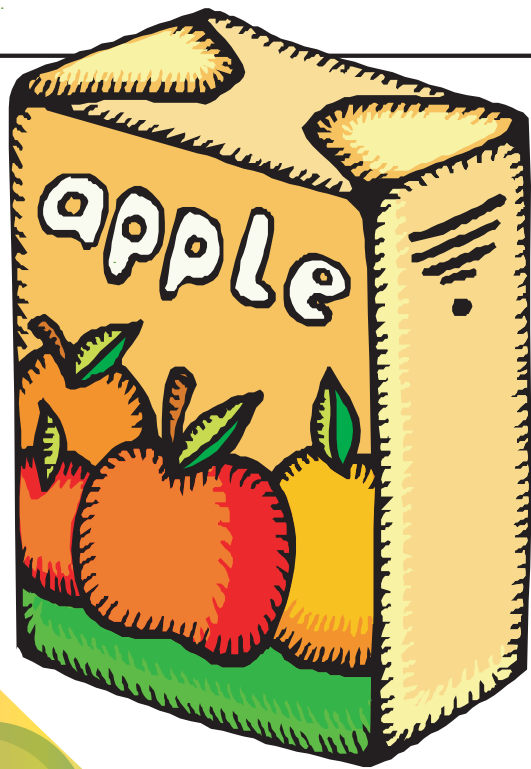


What's In Your Child's Juice?

Beverage	Amount of Sugar
8 oz. of Ocean Spray Juice	3 Tablespoons
8 oz. Minute Maid Orange Juice	3 Tablespoons
7.5 oz. of Juicy Juice	2.2 Tablespoons
8 oz. of Tropicana Light and Healthy OJ	1.1 Tablespoons
8 oz. of Sunny Delight	2.5 Tablespoons
10 oz. of Bug Juice	3 Tablespoons
10 oz. Gatorade	1.5 Tablespoons
10 oz. of Tropicana Orange Juice	3 Tablespoons
1 drink box of Hi-C	2 Tablespoons
1 pouch of Capri Sun	2 Tablespoons
Water	0 Tablespoons



**Limiting Sugar
Drinks =
Healthy Kids**



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