

Think Before you drink

**Why we need to
choose H2O**

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How much sugar is in your drink?

- **Water- 0 grams**
- **Juice Pouch- 16 grams**
- **Orange Juice-41 grams**
- **Coke-65 grams**
- **Mountain Dew-77 grams**

What does water do for you?

- **Water keeps your skin, mouth,
and eyes moist.**
- **Every system in our body needs
water.**
- **Your body loses 9 cups of water a
day through breathing, sweating,
and digestion.**