



7 SEAS
INITIATIVE.ORG



Rotary
Reefs
PROJECT
RotaryReefs.org

Rethink your drink! ¡Repensar su bebida!

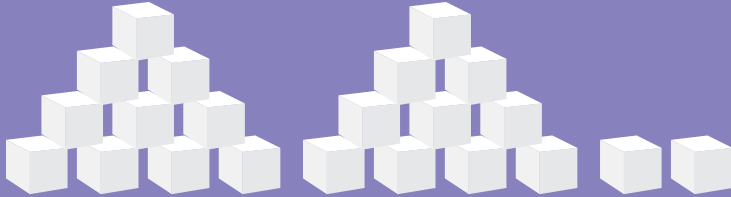
soda
(20 ounces / 20 onza)



=

22

sugar cubes
cubos de azúcar



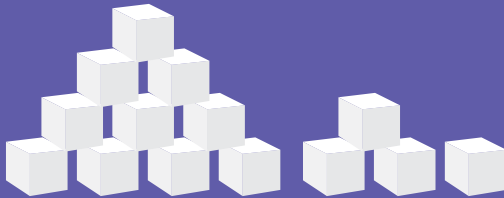
energy drink
bebida de energía
(16 ounces / 16 onza)



=

14

sugar cubes
cubos de azúcar



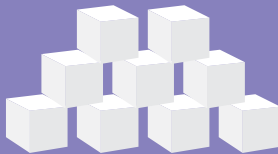
sports drink
bebida deportiva
(20 ounces / 20 onza)



=

9

sugar cubes
cubos de azúcar



chocolate milk
leche de chocolate
descremada
(8 ounces / 8 onza)



=

6

sugar cubes
cubos de azúcar



orange juice
jugo de naranja
(8 ounces / 8 onza)



=

5

sugar cubes
cubos de azúcar



Choco Listo
(12 ounces / 12 onza)



=

5

sugar cubes
cubos de azúcar



fruit punch pouch
bolsa de ponche
de frutas
(7 ounces / 7 onza)



=

4

sugar cubes
cubos de azúcar



Tang punch / pop
Tang ponche de
frutas / duro
(8 ounces / 8 onza)



=

3

sugar cubes
cubos de azúcar



milk
1% de leche
(8 ounces / 8 onza)



=

1

sugar cube
cubo de azúcar



water
agua

You're
supposed to drink
32 oz of water
each day. That is
two bottles of
water.

Se supone
que debes beber
32 onzas de agua
cada día. Eso es
dos botellas de
agua.

sugar cubes
cubos de
azúcar

