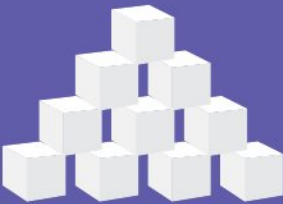
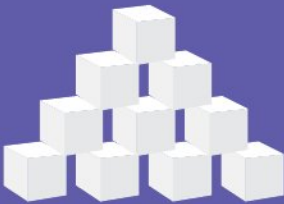
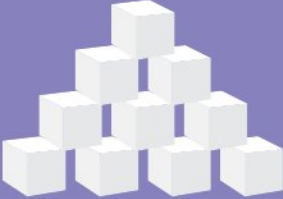


Rethink your drink! ¡Repensar su bebida!

large cup of cola taza de coca cola grande (44 ounce cup / 44 onza taza)  = 32 sugar cubes cubos de azúcar	  
orange soda oda de naranja (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	
apple juice jugo de manzana 100% natural (8 ounces / 8 onza)  = 7 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	
fruit punch pouch bolsa de ponche de frutas (7 ounces / 7 onza)  = 4 sugar cubes cubos de azúcar	
milk 1% de leche (8 ounces / 8 onza)  = 1 sugar cube cubo de azúcar	

water

agua

0

sugar cubes

cubos de azúcar

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

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