

**Lemon**



**Lime**



**Orange**



**Raspberry**



**Blueberry**



**Watermelon**



**Cantaloupe**



**Strawberry**





**Blackberry**



**Kiwi**



**Cucumber**



**Basil**



**Rosemary**



**Mint**



# Ginger





**Juice Pouch**  
(6 oz)



**4 tsp of sugar**  
(16 g)



**3/4 Chocolate Bar**

**Soda**  
(12 oz)



**10 tsp of sugar**  
(39 g)



**1.5 Chocolate Bars**

**Lemonade  
Fountain Drink**  
(8 oz)



**8 tsp of sugar**  
(32 g)



**1.25 Chocolate Bars**

**Sports Drink**  
(12 oz)



**5 tsp of sugar**  
(21 g)



**1 Chocolate Bar**



**Chocolate  
Milk**  
(16 oz)



**14 tsp of sugar**  
(54 g)



**2 Chocolate Bars**