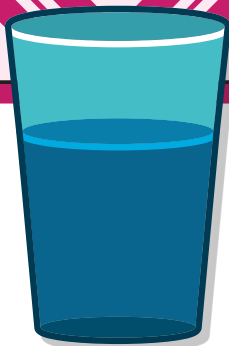


What will you choose?



Make a

GOOD CHOICE



Regular Soda VS. Water

Did you know that calories may be sneaking in to your body every day? These tricky calories are often hidden in plain sight. Good news! Drinking water will keep you hydrated with ZERO calories. Let's compare the labels and see the difference.

Regular Soda 12 fl oz can

Calories: 140

Sodium: 45 mg

Total Carbohydrates: 39 g

Sugar: 39 g

Diet Soda 12 fl oz can

Calories: 0

Sodium: 40 mg

Total Carbohydrate: 0 g

Sugar: 0 g