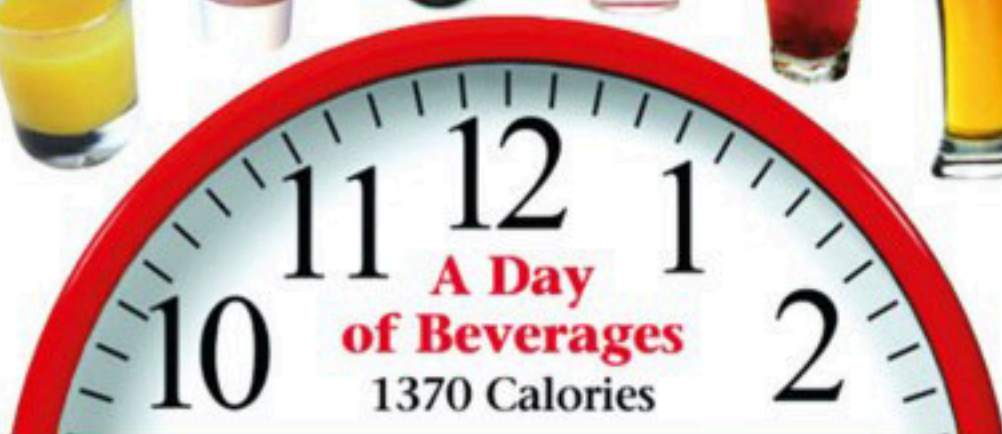


# High Sugar Intake leads to Obesity & Overweight

110 calories: orange juice (8 oz.)	400 calories: mocha (medium)	280 calories: regular cola (20 oz.)	230 calories: fruit drink (16 oz.)	200 calories: sweet tea (16 oz.)	150 calories: beer (12 oz.)
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Fruit and Energy Drinks, Alcoholic and carbonated Beverages are loaded with fast sugar that will add tremendously to your daily calorie intake that shouldn't exceed 2000 kcal for men and 1800 kcal for women.

Try to avoid them through the day and replace them with sugar free lemonade made with Stevia, sparkling water and organic homemade ice tea sweetened with Stevia that won't add to your calories but will give you the freshness and health benefits of Lemon juice and Ice Tea.

Eat fresh fruits instead of fresh juice to increase your fibers intake



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