Choose Beverages Wisely; Calories Can Add Up Quickly

Questions:

1. What you drink is not as important as what you eat.
   True  False

2. People get most of their added sugar through candy bars.
   True  False

3. People usually cut their food calories if they are drinking a high calorie drink.
   True  False

4. Typical Americans consume more ounces of water than other drinks.
   True  False

5. You should be able to drink as much coffee as you want- the calories don’t count.
   True  False
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