Leyla Weighs In: Rethinking Healthy Drinks—The Sugary Reality

written by Leyla Muedin MS, RD, CDN | December 12, 2025



Surprising fact: Your favorite ‘healthy’ drinks might pack more sugar than soda! “Leyla Weighs In” on hidden sugar in our daily beverages. You could be consuming way more sugar than you think! Discover eye-opening insights.