

RE-THINK YOUR DRINK

Sugar-sweetened beverages like soda and energy and sports drinks are the

#1 SOURCE of added sugars in our diet.



One can (12 oz.) of regular soda has about **150 CALORIES** and **10 TEASPOONS OF ADDED SUGAR.**

The American Heart Association recommends that men consume no more than 9 tsp. of added sugars, and women limit their intake to 6 tsp. daily.

Learn more at Heart.org/EatSmart



American Heart Association.
Hard Hats with Heart™

ENERGY DRINKS might seem like a healthy alternative to soda, but they're often filled with calories and added sugars.

READ LABELS CAREFULLY – one container may be more than one serving, which can double or triple the added sugars you're getting.

AVOID THESE INGREDIENTS: Sucrose, Glucose, Fructose, Maltose, Dextrose, Syrups, Concentrated Fruit Juice, Agave And Honey.



QUENCH YOUR THIRST WITH LESS ADDED SUGAR



CHOOSE WATER

The best thing you can drink is water! Make it the most appealing choice:

CARRY a refillable water bottle.

ADD a splash of 100% fruit juice, or pieces of citrus, berries, or even cucumbers for a boost of flavor.

TRY seltzer, club soda or sparkling water if you crave the fizz.



American Heart Association.
Hard Hats with Heart™



GRADUALLY CUT BACK

Take steps to reduce or replace sugary drinks in your diet:

REPLACE most of your drinks with water.

REDUCE the amount of sugar in your coffee or tea gradually until your taste adjusts to less sweetness.

ADD plain or sparkling water to drinks to keep some of the flavor with less added sugars per servings.

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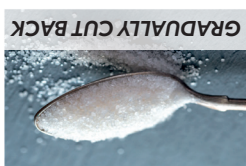
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