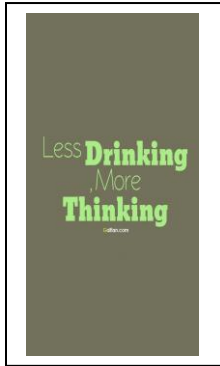




JUNE 2019



Take a minute and think about what you drink in a typical day. Unless you are a true water lover, you may be getting some extra, unneeded calories through sweetened soft drinks, sodas, iced tea, coffee, juice, and energy and sports drinks. In fact, sugary drinks are the number one source of added sugars in our diet.

Some research suggests that when you drink calories, you aren't as satisfied as when you eat the same amount of calories in food. This could lead to eating more calories than you need.

Here are some tips on how to switch to healthier drinks that will quench your thirst and still taste good!

- **Read nutrition labels and ingredients** – Beverages like energy drinks can be deceiving because they advertise that they are healthy but usually are loaded with calories and added sugars. Common forms of added sugars are sucrose, glucose, fructose, maltose, dextrose, syrups, concentrated fruit juice, agave and honey. Look at the label carefully because one container may be more than one serving, which can double or triple the added sugars you're getting.
- **Cut back slowly** – If you have sugary drinks like sodas and sweetened teas on a regular basis, start cutting back now. Mix half sweetened and half unsweetened while you get used to less sugar, and gradually reduce the sweetness.
- **Choose water** – Replace sugary drinks with water. That can seem like a challenge if you aren't a big fan. Here's how to drink more water:
 - Carry a refillable water bottle or keep a cup at your desk to make water the easy choice.
 - Add slices of your favorite fruits for a boost of flavor.
 - Try seltzer or sparkling water if you prefer fizzy carbonated drinks.
- **Sip a smoothie** – When you're in the mood for something sweet or need an afternoon energy boost, skip the coffee and soda and try a budget-friendly homemade smoothie! Blend frozen fruits and veggies with plain, low-fat yogurt, milk or water.

A BETTER YOU

How Much Sugar Do You Drink?

1.5-oz. milk chocolate bar = 6 tsp. of sugar

About half of people in the U.S. age 2 and older consume sugar drinks daily, reports the Centers for Disease Control and Prevention. Although you might think twice about eating two or three candy bars in one sitting, you could be drinking that much and not even realize it.

COMMON 20-OZ. CULPRITS

Drink	Sugar Content
Vanilla Latte	13 tsp. of sugar
Sweet Tea	11 1/2 tsp. of sugar
Soda	10 1/2 tsp. of sugar
Fruit Punch	10 1/2 tsp. of sugar
Energy Drink	13 tsp. of sugar

HOW MUCH IS TOO MUCH?
Limit sugar to **5% of your daily caloric intake** or **6 1/4 teaspoons**.
Registered dietitian at the University of Utah, Julia Metos suggests, "Wean yourself to one sugary drink per week, then one per month. Soon you will beat the habit."

HEALTHY ALTERNATIVES
• Plain water not cutting it? Add lemon, cucumber, watermelon or other fruit for flavor.
• Craving soda? Opt for sparkling water.

THE (NON-)SUGAR-COATED TRUTH
Drinking one 12-ounce can of soda daily can result in gaining **15 pounds** in a year.

x 365 = 15 lb

*ONE TEASPOON OF SUGAR EQUALS 4 GRAMS.



ONE CAN contains 3 times a child's recommended MAXIMUM DAILY intake of sugar.

Soft drinks are the leading cause of tooth decay.

Rethink Your Drink

Fanta: 19 cubes	Iced Tea: 17 cubes	Gatorade: 11 cubes
Chocolate Milk: 12 cubes	Water: 0 cubes!	Monster: 14 cubes
Lemonade: 17 cubes	Mountain Dew: 19 cubes	Sprite: 16 cubes
Frappuccino: 15 cubes	Fruit Smoothie: 25 cubes	Pepsi: 17 cubes

IT TAKES 65 MINUTES OF DANCING TO WORK OFF A BOTTLE OF SODA

IT TAKES 50 MINUTES OF RUNNING TO WORK OFF A BOTTLE OF JUICE

IT TAKES 2 HOURS OF WALKING TO WORK OFF A BOTTLE OF SWEET TEA

IT TAKES 50 MINUTES OF PLAYING BASKETBALL TO WORK OFF A BOTTLE OF SPORTS DRINK

HEALTHY KIDS ARE SWEET ENOUGH

Heart Healthy Tip: **NO MORE THAN 1** Sugary Drink a Week

How many teaspoons of sugar in just one **SMALL 8 OUNCE** serving?

Drink	Sugar Content
WATER	0 TSPS
SPORTS DRINK	4 TSPS
SWEET TEA	6 TSPS
SODA	8 TSPS
LEMONADE	7 TSPS

Learn more at heart.org/sugar

Source: USDA National Nutrient Database for Standard Reference Release 28