

Rethink Your Drink!



Beverages such as sodas, teas, lemonades, sports drinks, and energy drinks might taste great, but are often very high in calories and sugar! Too much sugar may lead to weight gain and increased risk of chronic disease.

Sugar recommendations according to the American Heart Association:

Women: \leq 25 grams (6 tsp)/day

Men: \leq 35 grams (9 tsp)/day

On average, a 12 oz serving of soda contains **40 grams of added sugar (10 tsp)**! The next time you're shopping for a beverage, be sure to read the label!

Total Sugar 40g

Includes 40g added sugar

Lower sugar drink alternatives:

- Water
- Fruit-Infused Water
- Sparkling Water
- Seltzer Water
- Unsweetened Tea
- Unsweetened Coffee