

Learn more at Heart.org/EatSmart

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.



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

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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.

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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.

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



CHOOSE WATER

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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.

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



GRADUALLY CUT BACK

QUENCH YOUR THIRST WITH LESS ADDED SUGAR

Replace sweetened drinks to cut back on added sugars and empty calories.

SIP SMARTER

RE-THINK YOUR DRINK

Sugar-sweetened beverages like soda and energy and sports drinks are the **#1 SOURCE** of added sugars in our diet.



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