



## 0 sugary drinks a day

### What are sugary drinks?

Regular soda, sports drinks, energy drinks, fruit drinks, lemonade, sweetened teas, hot chocolate, fancy coffees – any drink that has added sugar.

### How can you tell?

Check the ingredient list of your favorite drinks. If you spot words like sugar, high fructose corn syrup, cane syrup, maltose, honey or molasses, it's a sugary drink.

### Why zero? What's the big deal?

They're loaded with sugar and if you drink too much it can:

- Crash your energy – making you feel tired and cranky
- Make it hard to maintain a healthy weight
- Cause cavities

### Drink:

Water first to quench your thirst. H<sub>2</sub>O is the way to go!

- Drink five to eight 8 ounce cups of water a day.
- Not enough water can cause health problems from headaches, to constipation, to kidney failure, even death.
- Milk (1% or skim) for healthy bones, teeth and a boost of protein.
- Drink three 8 ounce cups of milk a day.
- Don't like milk or can't drink it? Give soy milk a try or talk to your doctor or a registered dietitian about other good choices.
- 100% fruit juice, but just a little each day. Munch on whole fruit instead.

### Tricks to drink more of the good stuff

Get a reusable water bottle and set a goal to fill it up often.

- Add fruit to your water. Drop some in for a splash of flavor.
- Drink milk or water with meals.
- Out of sight, out of mind! You can't drink it if it's not an option.
- Grab water or unsweetened iced tea from the vending machines.

### Did you know...

- ◆ Natural sugars are found in foods like fruit (fructose) and milk. Don't worry too much about natural sugars, focus on reducing added sugar.
- ◆ Most Americans consume more than double the daily recommendation for amounts of added sugars.
- ◆ Added sugars are any sugars or sweeteners added to foods in process or preparation. This includes white sugar, brown sugar, honey or high fructose corn syrup.
- ◆ There are more than 50 names used to label added sugars.