



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. H₂O 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.