



Rethink Your Drink!



What do you drink? It makes more difference than you think!

Calories are listed right on the nutrition label, but many people don't realize how calories from sugar in drinks can really add up!

The single greatest source of added sugar in the average diet is from soda

The American Heart Association says the average intake of added sugars is 22 teaspoons per day or about 355 calories

The average person consumes almost 100 pounds of sugar per year

People who consume sugary drinks regularly have a 26% greater risk of developing type 2 diabetes than people who rarely have sugary drinks

People who get 25% of their daily calories from added sugars are 3x more likely to have lower levels of good cholesterol

Drink This!



2% Milk
8oz
120 calories
2 tsp sugar



Ocean Spray White Grapefruit
16oz
90 calories
3 tsp sugar



Black Coffee
16oz
0 calories
0 tsp sugar



Propel Zero
16oz
0 calories
0 tsp sugar



Tropicana 100% Orange Juice
8oz
110 calories
4 tsp sugar

Not That!



Mountain Dew
8oz
110 calories
6 tsp sugar



Arizona Kiwi Strawberry
16oz
366 calories
17 tsp sugar



Starbucks Iced White Mocha
16oz
450 calories
11 tsp sugar



Gatorade
16oz
200 calories
11 tsp sugar



McDonald's Wildberry Smoothie
8oz
210 calories
8 tsp sugar

One 20 oz soda has about 240 calories, adding one soda per day would add about 25 pounds of fat in a year

Increased sugar increases the risk of high blood pressure, hypertension, strokes, and inflammation.

Increased amounts of added sugar have been shown to lower HDL (good cholesterol) and increase LDL and triglycerides.

A few of the names for added sugar in drinks are Cane sugar, Corn sweetener, Corn syrup, Dextrose, Crystalline fructose, Evaporated cane juice, Fructose, Glucose, and Malt Syrup