

# Sugar At A Glance: *Via Drinks*

The Centers for Disease Control and Prevention reveals that **approximately 50% of individuals in the U.S. consume sugary beverages on a daily basis**. While you might hesitate to eat two or three candy bars at once, you may unknowingly be drinking an equivalent amount in sugar. As you read more, we hope that you'll be reminded about the importance of reading labels and choosing sugar free options as necessary.

VANILLA  
LATTE



11  
tsp of sugar

SWEET  
TEA



11¼  
tsp of sugar

SODA



16½  
tsp of sugar

FRUIT  
PUNCH



18½  
tsp of sugar

ENERGY  
DRINK



19  
tsp of sugar

## HOW MUCH SUGAR IS TOO MUCH?

**Limit sugar to 5% of your daily caloric intake (~6¼ teaspoons).**

Try reducing your sugar intake over time. Start with 1 sugary drink per week, then per month, and eventually eliminate altogether.

## DID YOU KNOW?

### The (non)-sugar-coated truth

Consuming a 12-ounce soda daily can lead to an annual weight gain of 15 pounds.

## HEALTHY ALTERNATIVES

### Need some flavor in your hydration?

Enhance plain water with a slice of lemon, cucumber, watermelon, or your favorite fruit. Instead of soda, opt for sparkling water.

