

Rethink Your Drink



Think Before You Drink

Do you know how much sugar is in the drinks you have every day? Common sugary drinks such as soda, energy drinks, sweetened tea and juice may add more sugar to your diet than any other food or beverage source. The added sugar in these drinks also contribute to tooth decay, increase the risk of obesity, and increase the risk for type 2 diabetes.

High Sugar Amounts in Unexpected Places

Coffee drinks and fruit smoothies may taste good, but the sugar amount in some of your favorite coffee or smoothie drinks may surprise you. Keep in mind that the American Heart Association recommends limiting added sugar to 36 grams (9 teaspoons) of sugar per day for men and 24 grams (6 teaspoons) per day for women, check out these common drinks as examples:

Not Sure How Much Sugar is in Your Drink?

Check the website or in-store nutrition information of your favorite coffee or smoothie shop to find out how many calories are in the menu items. And when a smoothie or coffee craving kicks in, here are some tips to help minimize your sugar intake:

- **COFFEE:** Order the smallest size available. And skip the extra flavoring—flavored syrups added to coffee, like vanilla or hazelnut, are sugar-sweetened. Each “pump” of flavoring adds a little over one teaspoon of sugar, so skip that or ask for sugar-free.
- **SMOOTHIE:** Order a child’s size if available. Ask to see the nutrition information for each type of smoothie and pick the smoothie with the least amount of sugar. Ask that your smoothie be prepared without added sugar: the fruit is naturally sweet.

VENDOR	DRINK	SIZE	SUGAR
Jamba Juice	Aloha Pineapple® Smoothie	Small	67 grams of sugar (16.75 teaspoons of sugar)
Starbucks	Non-Fat Milk Vanilla Latte (or other flavored latte)	Grande	35 grams of sugar (8.75 teaspoons of sugar)

Sugar calculation: 4 grams of sugar = equals 1 teaspoon of granulated sugar. To calculate grams to teaspoons divide number of grams per serving by 4 (i.e., 44 grams of sugar/4 = 11 teaspoons of sugar)

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Look Out for Others

DID YOU KNOW?

Soda is the #1 source of sugar in the American diet!

- A 20-ounce bottle of soda can contain 60 grams of sugar (15 teaspoons of sugar). Remember, recommended limits are 36 grams of sugar per day for men and 24 grams per day for women.
- Drinking one 20-ounce bottle of soda each day for a year can result in gaining 25 extra pounds.
- Extra calories from all that sugar leading to weight gain can put you at risk for lifelong health problems such as diabetes and heart disease.
- U.S. teens drink twice as much soda as milk.

Children today are drinking more soda than ever. This contributes to the rising rates of poor dental health and childhood obesity. Habits start early—so help your children become healthy teenagers by teaching them to cut back on soda now!

How to Rethink Your Drink

DRINK WATER: Throughout the day, you lose water from your body through breathing, perspiration and urination. If you don't replace this lost water, you can become dehydrated. Soda does not replace the water you lose, and caffeinated sodas can actually make dehydration worse. Experts recommend drinking at least eight 8-ounce glasses of water per day.



Water Can Help You Control Your Weight

According to the Academy of Nutrition and Dietetics, adults who drink a large glass of water before a meal eat about 75 fewer calories at that meal. Water also has no calories or sugar. Compare calories and the sugar content of these popular beverages to water:



CHOOSE MILK: Milk is a source of calcium which the body needs to ensure strong bones and teeth.

EAT FRUIT: Always choose fresh fruit as an alternative to juice. Fruit is a great thirst quencher and packed with nutrients. The sugar in fruit is digested slowly, which is healthier compared to sugary drinks.

NATURALLY SWEETEN YOUR WATER: Add slices of lemon, lime, cucumber, watermelon or berries.

SWEETEN SPARKLING WATER: Add a splash of 100% juice to plain sparkling water for a refreshing drink.

KEEP WATER ON HAND: Don't "stock the fridge" with sugar-sweetened beverages. Keep bottles of water in the fridge instead. Or better yet, invest in a reusable water bottle that's BPA-free.

HOW TO REDUCE SODA AND INCREASE WATER

If you drink soda regularly, increase your water consumption gradually. Here's how:

- Increase your water intake by one or two cups per day without making any other changes.
- As you get used to drinking more water, start cutting back on soda.
- If you normally drink two 12-ounce cans of soda per day, cut it down to one. If you drink one can, cut your intake down to six ounces.
- Make the switch to water easier by adding natural flavors. See our water-flavored recipes at mywha.org/recipes.

DRINK	SERVING SIZE	CALORIES PER SERVING	SUGAR PER SERVING
Water	20 ounces	0 calories	0 teaspoons
Soda	20 ounces	227 calories	15 teaspoons
Energy Drink	16 ounces	240 calories	15 teaspoons

To learn more about sugar and the difference between naturally occurring sugar and added sugar, visit heart.org/sugar.