



RETHINK YOUR DRINK

The Hidden Dangers of Sugary Beverages

Did you know that the average American consumes 17 teaspoons of added sugar per day? That's more than twice the recommended amount! One major culprit? Sugary beverages. Let's learn about the health risks associated with excessive sugar consumption and the benefits of cutting back.

The Health Risks of Sugar

Weight Gain: Sugary drinks are high in calories and low in nutritional value, which can lead to weight gain and obesity. Obesity increases the risk of heart disease, diabetes, and certain types of cancer.

Type 2 Diabetes: Consuming excessive amounts of sugar can lead to insulin resistance, which increases the risk of developing type 2 diabetes.

Heart Disease: High sugar intake is linked to increased blood pressure and inflammation, both of which contribute to heart disease.

Tooth Decay: Sugar feeds the bacteria in your mouth, leading to plaque buildup and tooth decay.

Poor Nutrition: Sugary drinks can lead to poor nutrition by displacing healthier food and drink choices.

Sugary Drinks to Watch Out For

Soda: A single 12-ounce can of soda can contain up to 10 teaspoons of added sugar.

Fruit Juices: Even 100% fruit juice can have a high sugar content. Opt for whole fruit instead for added fiber and nutrients.

Energy Drinks: These drinks often contain high amounts of added sugar, as well as caffeine and other stimulants.

Sports Drinks: Designed for athletes, these drinks may contain added sugars and are not necessary for most people.

Sweetened Coffee & Tea: Specialty coffee and tea beverages can be loaded with sugar. Stick to black coffee or unsweetened tea instead.

Benefits of Cutting Back on Sugar Intake

Weight Loss: Reducing your sugar intake can lead to weight loss and decreased risk of obesity-related health issues.

Improved Heart Health: Cutting back on sugar can help lower blood pressure and reduce inflammation, promoting better heart health.

Better Oral Health: Lower sugar consumption reduces the risk of tooth decay and gum disease.

More Stable Energy Levels: Avoiding sugar crashes will help you maintain stable energy levels throughout the day.

Overall Healthier Diet: Replacing sugary drinks with water, herbal tea, or unsweetened beverages can lead to better nutrition and overall health.

Sip Tips

- Choose water or milk
(1% or nonfat for those older than 2)
- Stock the fridge with a jug of cold water and bottled water for those on-the-go
- For a treat once in a while:
 - Add zest to your water by adding a fresh
 - Fruit slice or cucumber slices and fresh mint
 - Freeze 100 percent fruit juice in an icecube tray, and then add one frozen cube to a glass of water
 - Add a small splash of 100 percent fruit juice to plain water

Reduce the number and portion size of sugary drinks—drink only once in a while, 8 ounces or less



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