

How Much Sugar is in my Drinks?

Read that label 4 g sugar= 1 tsp

American Heart Association recommends 6-9 tsp/day

Ideas for Healthful Drinks

- Order smaller size for sodas, smoothies, coffee, etc.
- Request your drink to be prepared without added sugar
- Avoid extra flavorscaramel, vanilla, etc.
- At home, add half the amount of sugar
- Opt for.....

Non-sweetened milk, coffee, tea

Diet Soda

100 % fruit juice

Seltzer Water

Water