



### ACTION STEPS FOR HEALTH & HAPPINESS

# Choose water instead of sugar-sweetened beverages



- Excess sugar increases the risk for overweight, diabetes, and heart disease.
- On average, an adult in the U.S. consumes 60 pounds of sugar and sweeteners each year. This is about 17 teaspoons per day! Nearly half of this is from soda and other sugar-sweetened drinks.
- Read food labels. Choose beverages and foods without added sugar sources. These include sugar, honey, fructose, corn syrup, corn syrup solids, and high-fructose-corn syrup.



#### Dos

- Choose a 16 oz. black coffee with 1 oz. reduced fat milk. This has 2 g of sugar and less than 25 calories.
- Enjoy unsweetened iced tea with lemon. It has no sugar and no calories.
- Drink fruit-flavored water or fizzy water with no added sugar and minimal calories.



#### Don'ts

- Don't select the 16 oz. French vanilla cappuccino. It has 42 g of sugar and 320 calories.
- Don't choose regular soft drinks. A 12-oz. serving has about 10 teaspoons (38 g) of sugar and 150 empty calories.