

# ADDED SUGARS

Go Easy —

Most adults consume about 18 teaspoons a day, twice the limit recommended by the American Heart Association. Eating and drinking too much added sugar is strongly linked to heart disease, obesity and too much inflammation.

**Sugary Beverages are #1 source of added sugars.**



## Take small steps

Cut back slowly and start drinking more water, or plain sparkling water flavored with real fruit.



### SPARKLING RASPBERRY WATER

8 raspberries (or 4 sliced strawberries)  
2 large glasses  
1 cup crushed ice  
2 1/2 cups sparkling water

Place crushed ice in two glasses along with cut-up berries. Use a spoon to 'smash' the berries into the ice. Add sparkling water and stir. Makes 2 servings.

Source: American Institute for Preventive Medicine