



American  
Heart  
Association.

Healthy For Good™

# + SIP / + SMARTER

To cut back on added sugars and empty calories, replace these sweetened drinks:

## REPLACE SUGARY BEVERAGES

- full-calorie sodas
- energy drinks
- sweetened tea & coffee drinks
- sweet “enhanced water”
- powdered drink mixes
- sports drinks
- smoothies, juices, yogurt drinks and agua frescas with added sugar

## WITH BETTER CHOICES

- flat or sparkling water, plain or naturally flavored with fruit and herbs
- coffee and tea without added sugar
- 100% fruit juice
- a no-calorie or low-calorie soda or other beverage

## DID YOU KNOW?



On average most Americans consume nearly

**17 TEASPOONS**

of added sugars each day.

This is nearly

**TRIPLE** the recommended daily limit for women and

**DOUBLE** for men!



Sugar-sweetened beverages like soda and energy/sports drinks are the

**#1** **SOURCE OF ADDED SUGARS IN OUR DIET.**



A can (12 FL OZ) of regular soda has about

**150 CALORIES** and **10 TEASPOONS**

of added sugar.

## CUT BACK ON ADDED SUGARS



### CUT BACK ON ADDED SUGARS.

Gradually replace sugary drinks with sugar-free and unsweetened options.

Gradually reduce the amount of sweetener in your coffee or tea.

Gradually reduce the powdered drink mix you add to water to allow your taste to adjust to less sweetness.

Add plain or sparkling water to sweetened beverages to consume less added sugar per serving.

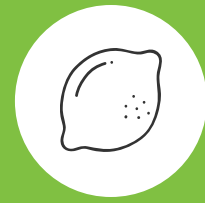


### CHOOSE WATER AS YOUR GO-TO BEVERAGE CHOICE.

Carry a refillable water bottle.

Add a splash of 100% fruit juice or slices of citrus, berries, or cucumbers for a boost of flavor.

Try seltzer or sparkling water or club soda or sparkling water.



### MAKE YOUR OWN BEVERAGES.

Start with an unsweetened beverage such as green tea. Flavor it with fruit, 100% fruit juice, flavored or plain seltzer, and herbs such as fresh mint or basil.

Get healthy, delicious recipes for beverages and more at [heart.org/recipes](https://heart.org/recipes).

## Nutrition Facts

1	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 42g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium	20%
Iron 8mg	45%
Potassium 240mg	6%

## READ THE NUTRITION FACTS LABEL AND INGREDIENTS LIST TO MAKE SMART CHOICES.

Some drinks that may seem healthy may be high in calories and added sugar. When looking at the Nutrition Facts label, focus on the amount of added sugar per serving and the serving size.

Added sugars go by many names. Check the ingredient list for sucrose, glucose, maltose, dextrose, high fructose corn syrup, cane syrup, concentrated fruit juice, agave nectar and honey.

**EAT SMART. MOVE MORE. BE WELL.**

For more tips on healthy eating, cooking and recipes: [heart.org/eatSMART](https://heart.org/eatSMART)