



American Heart Association®

Hard Hats with Heart™



## Toolbox Talks

# Read the Label & Choose Wisely

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Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredients list. Added sugars go by many names, including sucrose, glucose, maltose, dextrose, high fructose corn syrup, cane syrup, concentrated fruit juice, agave nectar and honey.

### The facts may surprise you

- Most Americans consume nearly 20 teaspoons of added sugars each day. That's more than 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.

### Tips to Quench Thirst with Less Added Sugars

Start cutting back. Take steps to reduce or replace sugary drinks in your diet:

- Replace most of your drinks with water.
- Reduce the amount of sugar in your coffee or tea gradually until your taste adjusts to less sweetness.
- Add plain or sparkling water to drinks to keep some of the flavor with less added sugars per servings.

Choose water. Make water the easy, more appealing go-to choice:

- Carry a refillable water bottle.
- Add a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a boost of flavor.
- Try seltzer, club soda or sparkling water if you crave the fizz.

Make it at home - Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

- Start with unsweetened beverages, then flavor to taste with additions like fruit, low-fat or fat-free milk, and herbs and spices.
- Get great recipes for beverages and more at [heart.org/recipes](http://heart.org/recipes).

### Frequently Asked Questions:

#### Is diet soda better than full-calorie soda?

Swapping a full-calorie soda with diet soda is one way of not increasing blood glucose levels while satisfying a sweet tooth. It is unknown if using non-nutritive sweeteners in food and drinks makes people actually eat or drink fewer calories. But reducing the amount of added sugar in your diet? That we know for sure is a good thing.

### Discussion Questions:

- What is your favorite beverage swap that you've tried?