



SIP SMARTER!

Replace sweetened drinks to cut back on added sugars and empty calories.

REPLACE SUGARY BEVERAGES...

- ❌ Full-Calorie Soft Drinks/Sodas
- ❌ Energy/Sports Drinks
- ❌ Sweetened "Enhanced Water" Drinks
- ❌ Sweet Tea
- ❌ Sweetened Coffee Drinks

WITH BETTER CHOICES:

- ✅ The best thing you can drink is water! Try it plain, sparkling or flavored with fruit or herbs.
- ✅ Drink coffee and tea without added sugars for a healthier energy boost.
- ✅ For adults, an occasional diet drink may help replace high-calorie sodas and other sugary drinks.

Try these tips to quench your 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.



MAKE IT AT HOME. Family favorites like hot chocolate, lemonade, smoothies, chocolate milk and coffee drinks can be made at home easily with less sugar.

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



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