



## WEEK 2: RETHINK YOUR DRINK

Take a moment to think about the beverages you drink. Do you find sodas, energy drinks, sports drinks or sweet tea creeping into your diet? You're not alone. Sugar-sweetened beverages are the number one source of calories and added sugar in the American diet—adversely affecting overall health.

### WHAT ARE SNEAKY SUGARS?

When it comes to sugary drinks, don't judge a "book" by its cover. Packaging that advertises a beverage as healthy can oftentimes be misleading. Dig deeper and read the label (Nutrition Facts AND Ingredient List) in order to decode and recognize the various names that sugar is disguised under.

### WHY LIMIT SUGARY DRINKS?

#### Heart Disease

There is a well-established link between heart disease and sugar-sweetened beverages. A study spanning over 20 years found that men who drank one sugary drink each day had a 20% higher risk of having—or dying from—a heart attack compared to those who rarely consumed sugary drinks.

#### Diabetes

Type 2 diabetes is where the body can't properly regulate sugar. A large body of evidence links sugar consumption from sweetened beverages to type 2 diabetes.

Consuming sugary drinks regularly—one to two cans a day or more—increases the risk of developing type 2 diabetes by 26%.

#### Obesity

Sugary drinks are known as "empty calories" because they have a high calorie content but provide virtually no nutrients. Sugary beverages also do not provide the same feeling of satisfaction and fullness that eating solid food provides, resulting in an overall higher calorie intake.

#### Tooth Decay

The detrimental effects of sugar on our teeth is common knowledge, but did you know that the acids found in soda can cause damage as well, making teeth more susceptible to decay?



### HOW TO TAKE ACTION

#### 1. Increase Awareness

How much sugar is in your favorite drink? After reading labels and tracking daily sugar intake, you may be surprised at how much you are consuming.

#### 2. Do The Math: Change Grams to Teaspoons

It's easier to figure out how much sugar is in a drink by changing the grams to teaspoons. Divide the total sugar grams by four (4) to get an approximate number of teaspoons.

#### 3. Set Goals/Limits On Sugar Consumption

Limit the amount, frequency or occasion.



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