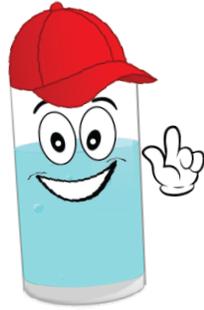


# The #ReThink Your Drink Playbook



Your Guide to the (not so) Sweet Truth

## What are sugary drinks?

- A sugary drink is a beverage that contains any added sweetener which adds calories to the drink.
- These sweeteners include sucrose, fructose, glucose, high fructose corn syrup, and other sugars.
- Examples of sugary drinks include regular sodas, energy drinks, sports drinks, vitamin water, sweetened coffee drinks, and juices that contain less than 100% juice.

## How much added sugar should I have?

- The World Health Organization recommends that adults and kids limit their intake of added sugar to less than 10% of total daily calories.
- Based on a 2,000 calorie diet that equals **no more than 50 grams** (or 12 teaspoons) per day.
- Food for thought: one 20-ounce soda has **65 grams of sugar**.

## Rethinking Your Drink



Drop the sugary drink



Go grab a healthy alternative

Not sure if your drink is a healthier option? Check out the Better Beverage Finder

[www.betterbeveragefinder.org](http://www.betterbeveragefinder.org)

## How much sugar is in my drink?

Step 1: calculate total sugar in grams

First check the number of servings in the can or bottle

Nutrition Facts	
Serving Size 8 oz.	
Servings Per Container 2.5	
Amount Per Serving	
<b>Calories 90</b>	
% Daily Value*	
<b>Total Fat 0 g</b>	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
<b>Cholesterol 0 mg</b>	0%
<b>Sodium 35 mg</b>	0%
<b>Total Carbohydrate 26 g</b>	9%
Dietary Fiber 0 g	0%
<b>Sugars 26 g</b>	
<b>Protein 0 g</b>	0%

Then multiply the amount of sugar per serving by the number of servings to get the total amount of sugar.

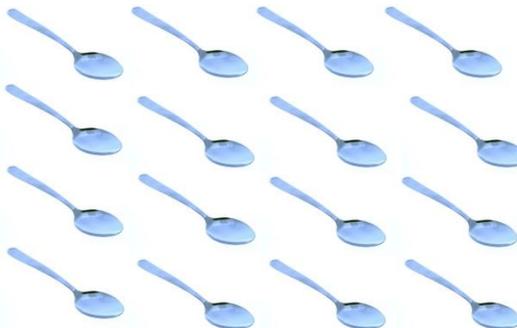
In this example →

$$26 \text{ g of sugar} \times 2.5 \text{ servings} = 65 \text{ grams of sugar}$$

Step 2: convert grams into teaspoons

grams of sugar ÷ 4 = teaspoons of sugar

$$65 \div 4 = 16 \text{ teaspoons of sugar}$$



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One 20-ounce soda or energy drink

Looking for a healthier alternative to your favorite drink? Check out Switch the Drink

[www.switchthedrink.com](http://www.switchthedrink.com)



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