

Drink to your health

Learn the facts about sugar and caffeine.

Boost energy the natural way.

Get plenty of sleep.

Exercise at the start of your day.

Eat a healthy breakfast.

Stay hydrated.

Expose yourself to natural light.

Address your stress.

Get excited and engaged.

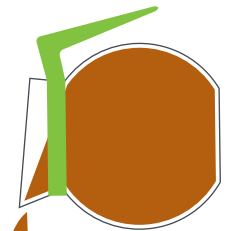
Sugar-sweetened beverages account for almost half of all added sugars consumed in the U.S.

Cola (12 oz) = **39** grams of sugar and **35** mg. caffeine

Bottled sweet tea (18.5 oz) = **42** grams sugar and **57** mg. caffeine

Blended mocha drink (13.7 oz) = **45** grams sugar and **130** mg. caffeine

Energy drink (12 oz) = **39** grams of sugar and **160** mg. caffeine



What's the buzz?

3 8-oz cups of coffee (about 300 mg of caffeine) are considered safe for most adults.

4 cups or more may cause breathing problems, diarrhea, and dizziness.

5 cups or more may cause anxiety, cardiovascular symptoms, and gastrointestinal complaints.



Too much added sugar can lead to heart disease, diabetes, and other chronic conditions.

Recommended daily limit of added sugar:

Women and kids (2-18): 6 teaspoons = **25** grams

Men: 9 teaspoons = **36** grams

Source: American Heart Association

Don't drink your calories.

- Try** Unsweetened tea **Not** Sweet tea
- Try** Infused water **Not** Soda
- Try** Brewed coffee **Not** Flavored mocha