Drink to your health
Learn the facts about sugar and caffeine.

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

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

What’s the buzz?
3 8-oz cups of coffee (about 300 mg of caffeine) are considered safe for most adults.
4 4 cups or more may cause breathing problems, diarrhea, and dizziness.
5 5 cups or more may cause anxiety, cardiovascular symptoms, and gastrointestinal complaints.

In extremely high doses, caffeine can cause delusions, hallucinations, seizures, cardiac arrest, coma, and death.

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

Don’t drink your calories.