

Learn the facts about sugar and caffeine

Drink to your health

saif

Work. Life. Oregon.

Know your limit

Recommended daily limit of added sugar:

Men:
36 grams or **9**
teaspoons

Women and kids (2-18):
25 grams or

6
teaspoons

[Source: American Heart Association]

What's the buzz?

Health effects of caffeine consumption

Moderate (300 mg. or less):

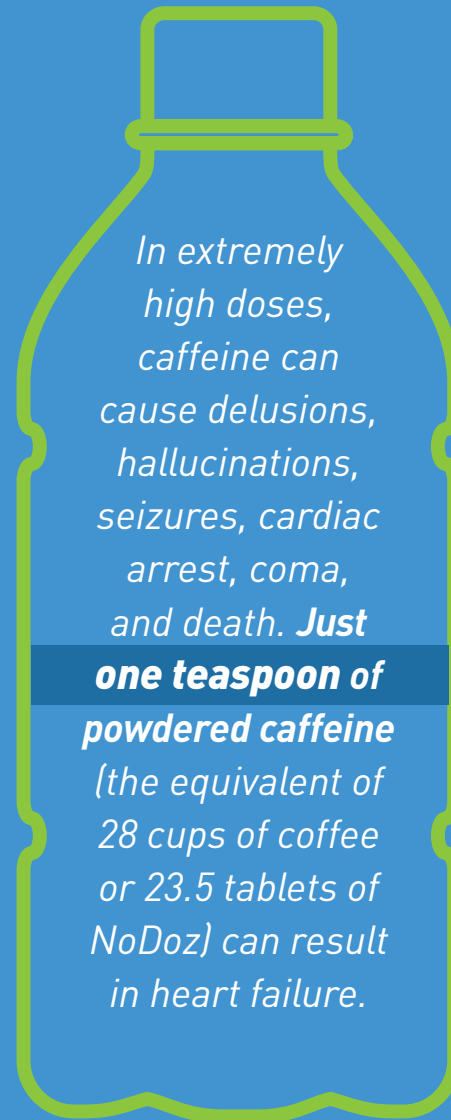
- Mental stimulation
- Increased physical performance
- Easing headaches

Increased (400 mg. or more):

- Breathing problems
- Diarrhea
- Dizziness
- Fever
- Increased thirst and urination

High (500 mg. or more):

- Anxiety
- Cardiovascular symptoms
- Gastrointestinal complaints



Don't drink your calories.

Try Unsweetened tea Not Sweet tea

Try Infused water Not Soda

Try Brewed coffee Not Flavored mocha

Boost energy the natural way.

- Get plenty of sleep.
- Exercise, at the start of your day.
- Eat a healthy breakfast.
- Get excited and engaged.
- Expose yourself to natural light.
- Address your stress.
- Stay hydrated.

Caffeine

about three 8-oz. cups of coffee—is considered safe for most adults.



Sugar-sweetened beverages

account for almost half of all added sugars consumed in the U.S.

[Source: 2015–2020 Dietary Guidelines]



Cola (12 oz.) = **39** grams 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 sugar and **160** mg. caffeine

Too much added sugar can lead to:

- Heart disease
- Increased cancer risk
- Cognitive decline
- Diabetes
- High blood pressure
- Tooth decay
- Liver failure
- Obesity

