

## 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) = 35 mg. caffeine

grams of sugar and

**Bottled** 

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



Energy 39 grams of sugar and drink (12 oz) = 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):** teaspoons = **25** grams

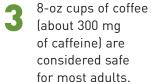
teaspoons = 36 grams

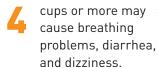
Source: American Heart Association

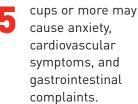
Don't drink your calories.



## What's the buzz?









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

**Try** Unsweetened tea Try Infused water

Not Sweet tea Not Soda

Try Brewed coffee

Not Flavored mocha

