



American  
Heart  
Association.

Healthy For Good™

# + SIP / + + + SMARTER

To cut back on added sugars and empty calories, replace these sweetened drinks:

## REPLACE SUGARY BEVERAGES

- full-calorie sodas
- energy drinks
- sweetened tea & coffee drinks
- sweet “enhanced water”
- powdered drink mixes
- sports drinks
- smoothies, juices, yogurt drinks and agua frescas with added sugar

## WITH BETTER CHOICES

- flat or sparkling water, plain or naturally flavored with fruit and herbs
- coffee and tea without added sugar
- 100% fruit juice
- a no-calorie or low-calorie soda or other beverage

## DID YOU KNOW?



On average most Americans consume nearly

**17 TEASPOONS**

of added sugars each day.

This is nearly

**TRIPLE** the recommended daily limit for women and

**DOUBLE** for men!



Sugar-sweetened beverages like soda and energy/sports drinks are the

**#1** **SOURCE OF  
ADDED SUGARS  
IN OUR DIET.**



A can (12 FL OZ) of regular soda has about

**150 CALORIES** and

**10 TEASPOONS**

of added sugar.