

Coca-Cola

- 8 oz can: 26 g of sugar
- 12 oz can: 39 g of sugar
- 16 oz plastic bottle: 52 g of sugar
- 20 oz plastic bottle: 65 g of sugar

Orange Juice

- 8 oz glass: 24 g of sugar

Apple Juice

- 8 oz glass: 28 g of sugar

Energy Drinks

- **Monster Original (1 can): 55 g of sugar**
- **Red Bull Original (1 can): 51 g of sugar**

The **American Heart Association** recommends a total daily added sugar intake of:

- **36 grams (g) per day for men**
- **25 grams (g) per day for women, as well as for children over the age of 2 years old**

***** 1 teaspoon= 4.2 g of sugar**

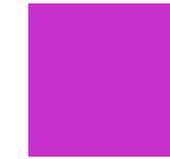
***** 1 sugar cube= 4 g of sugar**

Everyday drinks and the sugar hidden within them...

While flavored beverages can be very tasty additions to our meals, and to our days in general, there can be a lot of sugar hidden inside. Over time, this sugar content can, in turn, contribute to diabetes, weight gain, and other health issues.

"Sugar can become a problem when we eat too much of it on a daily basis, increasing our risk for high blood sugar, unintentional weight gain and fatty liver disease. Studies have shown that sugar actually has a powerful physiological effect on our brains and bodies. When we ingest sugar, it lights up the pleasure pathway in our brain which over time can cause a sugar dependency or sugar addiction in some people."

- **Kim Swartz-Doyle, Dietician**



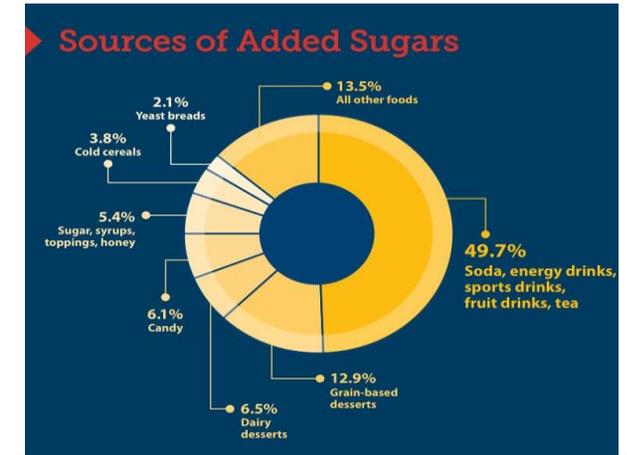


“Even small changes in reducing the amount of ‘hidden’ sugar can have big, long-term effects. Find non-sugary substitutions that are still enjoyable, such as sparkling water or a piece of fresh fruit, to make the change a positive one! Even reducing the number of sugary drinks from 3 to 1 per day can have an empowering effect on one’s health.”

Dr. Kelly Brooks, M.D

“The elimination (or significant reduction) of added sugar in the diet has led to healthy weight loss, reduced chronic pain and inflammation, lowered hemoglobin A1C, reduced reliance on diabetes medications, reduced stomach pain and IBS-related digestive issues, and improved sleep.”

Emily Clairmont, Dietician



Healthier Alternatives:

Water

Contains 0 sugars! If the taste of water doesn’t appeal to you, try adding a slice of lemon or lime (up to 1-2 times per day, to minimize the impact of acid on teeth) or cucumber for flavoring 😊

Fruit Smoothies

By maximizing the fresh fruit added into smoothies and using no or low-sugar dairy products (milk and yogurt), you can create a drink with less added sugar than many of the other beverages available. Although fruit still contains a significant amount of sugar, the natural source of the sugar and lack of added sugar in processing help to keep smoothies on the healthier side.

Sports Drinks (ex. Gatorade, Powerade)

- 8 oz glass: 14 g sugar
- 32 oz bottle: 56 g sugar

Iced Tea

- 8 oz glass: 23-24 g of sugar

Milk

- Whole milk: 12 g natural sugar
- Chocolate milk: 24 g sugar (12 natural + 12 added)

