

## What You Drink Makes More of a Difference Than You Think!

Drinks that contain a lot of sugar can be bad for your overall health. Drinking too much sugar can slow your mind from thinking clearly. Sugar can also increase the risk of strokes and blood clots, and contribute to tooth decay.

**Did you know?** Sugar actually drains your energy.

Occasion	Instead of...	Sugar (g)	Try...	Sugar (g)
Morning coffee run	Medium vanilla latte made with whole milk (16 oz)	35	Small black coffee with half and half	0
Lunchtime meal	20 oz. bottle of regular cola	16	Can of fizzy or bubbly water	0
Afternoon snack	Sweet iced tea (16 oz)	39	Unsweetened iced tea with lemon	0
Dinnertime meal	A glass of chocolate milk (8 oz)	6	Water with a slice of lemon or lime	0
<b>Total beverages consumed</b>		<b>96</b>		<b>0</b>