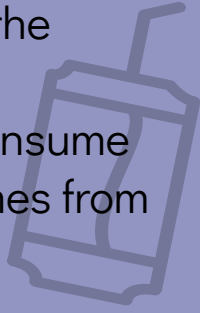


## Did you know?

About half of the added sugar Americans consume each day comes from beverages.

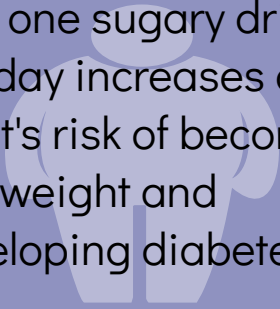


## Downsize



## Did you know?

Just one sugary drink per day increases an adult's risk of becoming overweight and developing diabetes by 27%.



# Limit Sugary Drinks

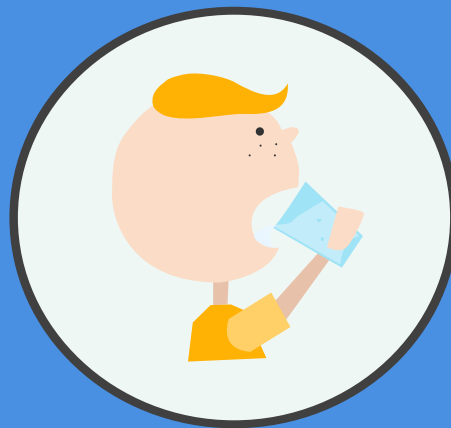


Sugary drinks increase the risk of:

- obesity
- diabetes
- heart disease
- fatty liver disease
- cavities

Kids are Sweet Enough

Kids age 2-18 should have less than 6 TSP of added sugars daily.



Teaspoons of SUGAR in just a small 8oz serving:

Water



0 TSP

Sports Drink



4 TSP

Sweet Tea



6 TSP

Soda



6 TSP

Lemonade



7 TSP