

# RETHINK YOUR DRINK

Have an eye for sugars  
**THAT HIDE!**

## ELIMINATING 1 SUGARY BEVERAGE

could cut calories and decrease risk of obesity, diabetes, cancer, and heart disease? Soda, energy drinks, and sweet teas are major sources of added sugar and calories in American diets.

Developed by Si-Arah McCray, SNAP-Ed Nutrition Educator. Sources: [www.unitypoint.org/madison/health-care-connection-article.aspx?id=6c8f0158-47e3-42f2-ac3c-89458b8c925a](http://www.unitypoint.org/madison/health-care-connection-article.aspx?id=6c8f0158-47e3-42f2-ac3c-89458b8c925a); [livesmartohio.osu.edu/food/lobb-3osu-edu/keep-rethinking-your-drink/](http://livesmartohio.osu.edu/food/lobb-3osu-edu/keep-rethinking-your-drink/)

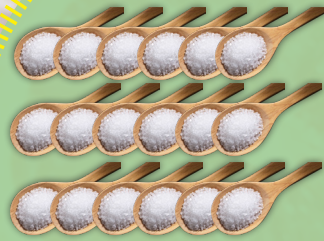
## ORANGE FRUIT DRINK

  
**11** tbsp. of sugar

The best choice to stay hydrated!

 **WATER**  
**0** tbsp. of sugar

## SODA



**18** tbsp. of sugar


**SWEET TEA**  
**9** tbsp. of sugar

## ENERGY DRINK

  
**13** tbsp. of sugar



Healthy **LIVING.** Healthy **COMMUNITIES.**

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