References


American Heart Association (2016). Added Sugars Recommendation. Online: http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Added-Sugars_UCM_305858_Article.jsp#.WMbCmW_yvcs


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Be FASTER
Be Healthy
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Did You Know?

- Latinos are more likely to develop diabetes than other groups.
- By only drinking 2 sugary drinks a day, your risk of developing diabetes increases.

What is a sugary drink?
Sodas, sweetened teas or coffees, sports or energy drinks (such as Gatorade), fruit drinks, fruit waters, and juices (especially those that are not 100% natural juice).

Sugar has many names.
To find out if a drink contains sugar in different forms, look for these words in the ingredients list:

<table>
<thead>
<tr>
<th>Ingredients:</th>
<th>SUGAR, HIGH FRUCTOSE CORN SYRUP, BROWN SUGAR, GLUCOSE, SUCROSE, CANE SUGAR, CORN SWEETENER, DEXTROSE, FRUIT JUICE CONCENTRATES, HONEY</th>
</tr>
</thead>
</table>

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Bottle</th>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>240</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>75mg 3%</td>
</tr>
<tr>
<td>Total Carb.</td>
<td>65g 22%</td>
</tr>
<tr>
<td>Sugars</td>
<td>65g</td>
</tr>
<tr>
<td>Protein</td>
<td>0g</td>
</tr>
</tbody>
</table>

**Daily sugar recommendation:**

- No more than 9 teaspoons for men = 36 grams
- No more than 6 teaspoons for women = 24 grams
- No more than 6 teaspoons for children = 24 grams

**CAUTION!**
Look how much sugar is in each of these drinks!

- One bottle of orange juice!
- One regular soda!
- One glass of Chocolate Milk!

**CAUTION!**
Water contains no sugar.

**WATER vs. SUGARY DRINKS**

**WATER IS LIFE**