



# Sip Smarter

As part of an overall healthy diet, replacing sugary drinks with low- and no-calorie beverages can help you limit calories, which may help you achieve or maintain a healthy weight.



## Replace sugary beverages...

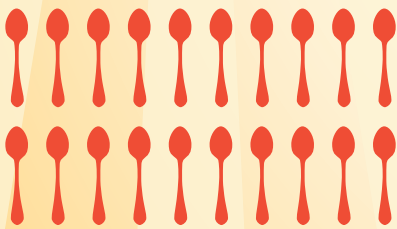
- full-calorie soft drinks
- energy/sports drinks
- sweetened “enhanced water” drinks
- sweet tea
- sweetened coffee drinks

## with these better choices!

- water – plain, sparkling and flavored
- diet soft drinks
- coffee and tea without added sugars



## The facts may surprise you.



Most Americans consume nearly  
**20 TEASPOONS**  
of added sugars **EACH DAY.**

That's **TRIPLE** the recommended daily limit for women and **DOUBLE** for men!



Sugar-sweetened beverages like soda and energy/sports drinks are the  
**#1 SOURCE OF ADDED SUGARS IN OUR DIET.**



A can (12 FL OZ) of regular soda has about  
**150 CALORIES AND 10 TEASPOONS**  
of added sugar.



# The possibilities will delight you!

Try these tips to switch to drinks with less added sugars. They'll quench your thirst *and* taste good.



## Start cutting back.

Take steps to reduce or replace added sugars (caloric sweeteners) in your diet:

**REPLACE** some of your drinks **WITH WATER**.

**SWAP** a full-calorie soda with diet soda.

**REDUCE** the amount of **SUGAR** in your coffee and tea.

**ADD** plain or **SPARKLING WATER** to drinks to keep some of the flavor with less added sugars per serving.



## Choose water.

Make water the easy, more appealing choice:

Carry a refillable **WATER BOTTLE**.

**ADD** a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a **BOOST OF FLAVOR**.

Try seltzer, club soda or sparkling water if you crave **THE FIZZ**.

Add a **LOW-CALORIE SWEETENER**.



## Make it at home.

Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

**START WITH UNSWEETENED** beverages, then flavor to taste with additions like fruit, nonfat milk, low-calorie sweeteners, and herbs and spices.

Get great recipes for beverages and more at [RECIPES.SPLENDA.COM](http://RECIPES.SPLENDA.COM) and [HEART.ORG/SIMPLECOOKING](http://HEART.ORG/SIMPLECOOKING).

## Read the label, and choose wisely.

Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredients list.

Keep in mind that added sugars go by many names, including sucrose, glucose, maltose, dextrose, high fructose corn syrup, concentrated fruit juice, agave nectar and honey.



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**FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: HEART.ORG/SIMPLECOOKING**