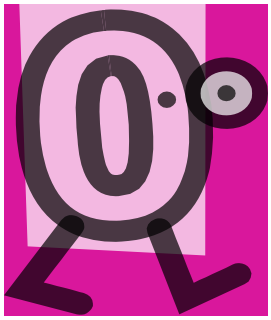
5, 4, 3, 2, 1, 0...Brenner *FIT* – Families In Training



Cut sugar-sweetened drinks to ZERO

Drinks that contain sugar lead to weight gain, even if they have extra vitamins and minerals.

Drinking our calories does not fill us up, and may even cause us to eat more!

What is a sugar-sweetened beverage? Any drink that has added sugar or drinks that have a concentrated amount of sugar with little nutritional benefit.

Examples: juice drinks, 100% fruit juice, sports drinks, regular sodas, energy drinks, certain coffee drinks, hot chocolate, lemonade, drink mixes, sweet tea, flavored milk.

Just how much sugar do we find in these drinks?

Fruit Drink (20 oz, Fruit Punch)	= 18 teaspoons of sugar
100% Fruit Juice (16 oz bottle)	= 13 teaspoons of sugar
Regular Soda (20 oz bottle)	= 17 teaspoons of sugar
Sports Drink (20 oz)	= 9 teaspoons of sugar

How do we find better beverages?

**Aim for less than 3 grams of sugar per serving

- Water –add a splash of lemon, lime, or orange
- AquaFina Flavor Splash™, Dasani flavored water™
- Clearly Sparkling flavored water™, Seltzer Waters
- Propel™, Crystal Light™, Fruit$_2$O™
- Sugar free Kool-aid™, Kool-aid Jammers 10™
- Minute Maid Just 10™, Minute Maid Fruit Falls™