



Healthy Habits. Healthy Life.

Aim For



or almost
no sugary drinks



Try to limit
sugary drinks



Reach for
water for thirst

KEEP AN EYE OUT - SUGAR CAN SNEAK INTO A LOT OF DIFFERENT DRINKS



18 g sugar
4.5 sugar cubes



26 g sugar
6.5 sugar cubes



34 g sugar
8.5 sugar cubes



44 g sugar
11 sugar cubes



39 g sugar
9.75 sugar cubes



32 g sugar
8 sugar cubes

GIVE IT A TRY!

- Make water your number one drink - drink it when you're thirsty.
- Take a water bottle with you wherever you go.
- Drink 2-3 cups of milk a day.
- Talk with your healthcare provider about what's right for you.
- Try to gradually decrease the number of sugary drinks you have each day.
- Just remember, juice can have as much sugar as soda!

