



Healing Hands  
Health Center



# Water vs Sugary Drinks

Cut the soda and energy drinks and replace them with water



# Food and Drug Administration (FDA) Recommendation

- ▶ The FDA uses the standard 2000 calorie a day plan to determine total intake of nutrients
  - ▶ The FDA recommends no more than 50g of sugar per day
  - ▶ The American Heart Association recommends:
    - ▶ 37.5g for men
    - ▶ 25g for women

# Sugary Drink Fast Facts

Drink	Sugar Content (g)
Coca Cola (12oz)	39
Pepsi (12oz)	41
Cheerwine (12oz)	42
Small McDonalds Sweet Tea (16oz)	21
Small Bojangles Sweet Tea (16oz)	50
Starbucks Frappuccino Chilled Coffee Drink (13.7oz)	27
Small Dunkin Donuts Iced Coffee with one (1) flavor, no added dairy, and no added sweetener (16oz)	24-25
Red Bull (12oz)	37
Monster Energy (12oz)	40

# How to measure your sugar intake

- First, determine the amount of sugar per serving, keep in mind that there may be multiple servings per can or bottle
- Then, determine how much of the beverage you will drink
- You can use this equation to help
  - $\frac{\text{Amount of Sugar per Serving}}{\text{Number of oz perserving}} * \text{Number of oz drank} =$   
total grams of sugar consumed

<b>Nutrition Facts</b>	
Serving Size: 1 Can (8.4 fl oz)	
Amount Per Serving	
<b>Calories</b> 100	
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 175mg	<b>7%</b>
<b>Potassium</b> 175mg	<b>5%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Sugars 21g	
Sugar Alcohols 3g	
<b>Protein</b> 0g	
Vitamin B3	<b>100%</b>
Vitamin B5	<b>100%</b>
Vitamin B6	<b>200%</b>
Vitamin B12	<b>3000%</b>
*Percent Daily Values are based on a 2,000 calorie diet	

# Excess sugar intake

- Excess sugar consumption can cause a lot of problems
  - Weight gain
  - Cavities
  - Heart Disease
  - Insulin Resistance
  - Diabetes





# Replace with Water!

- ▶ Replacing sugar filled beverages with water can decrease your sugar consumption dramatically
- ▶ Replacing 12oz of Coca Cola with 12oz of water decreases your sugar consumption by 39g

