



SIP SMART

Tips for Reducing Sugar Sweetened Beverage Intake

The American Heart Association recommends no more than:



6 teaspoons (25g, 100 cal)
of added sugars per
day for women

9 teaspoons (36g, 150 cal)
of added sugars per
day for men¹



The number one source of added sugars in the American diet comes from sugar-sweetened beverages. So, it isn't a bad idea to start by reducing overall sugar intake by limiting consumption of these sugary drinks!²

My Registered Dietitian recommends I limit each meal to _____ grams of carbohydrate.

Sugar is a type of carbohydrate, so 1 gram of sugar is 1 gram of carbohydrate.



16 oz of
Flavored Tea

40g*



One can of
Conventional Soda

39g*



One 12 oz
Bottle of Juice

36g*



One 20 oz
Bottle Sports Drink

36g*



One
Energy Drink

27g*



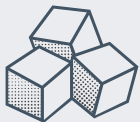
One Cup
Chocolate Milk

10g*



Zevia
Beverages
0g*

*Grams of added sugar per serving in conventional beverages



If you replace 1 can of conventional soda per day with 1 can of Zevia, you save 39 grams of sugar.
That's more added sugar than what's recommended daily!

My goal this week is to replace _____ servings of

of servings

with _____

sugar-sweetened beverage

zero sugar beverage

Sources:

- 1- <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars>
- 2- <https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html>



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