

## Choose a Healthy Drink Challenge

### Did you know?

The average California teen consumes the equivalent of 39 pounds of sugar each year from sugar-sweetened beverages.

### Did you know?

Excessive intake of calories, like those from added sugar, can lead to weight gain—which can increase your risk for certain chronic diseases such as type 2 diabetes, certain cancers, and heart disease.

### Did you know?

### HOW DO YOU CALCULATE SUGAR?

*Grams of Sugar ÷ 4 = Teaspoons of Sugar*

*68 Grams of Sugar ÷ 4 = 17 Teaspoons of Sugar*

*(Note: If the container has more than one serving, multiply the number of teaspoons by the number of servings to get the total teaspoons of sugar in the container. For example, 10 teaspoons x 2 servings = 20 total teaspoons.)*

**Choose water instead of sugar sweetened beverages!!**

**Flavored water tastes great and is low calorie!**



**Ideas for flavored water...cucumber, citrus (lemons, oranges, limes and grapefruit), Herbs (mint, basil and rosemary) and strawberry kiwi water!!**

**Refrigerate for several hours or overnight to allow the most flavoring☺**