

How can SLENDA® help you LOSE WEIGHT¹ and keep it off?

A good way to cut calories is to





CUT ADDED SUGAR



The American Heart Association says that most Americans consume **MORE THAN 2X** the daily recommended amount of added sugar every day².



YOUR FAVORITE DRINKS MAY BE A SOURCE OF ADDED CALORIES AND SUGAR. DON'T COMPROMISE, SEE HOW MUCH YOU CAN CUT BY SWITCHING TO SLENDA.

	CALORIES ³			ADDED SUGAR		
	SUGAR	VS.	Splenda	SUGAR	VS.	Splenda
SWEET ICED TEA 	128	VS.	0		VS.	0
FRESH LEMONADE 	132	VS.	10		VS.	0
COFFEE 	43	VS.	0		VS.	0
2% MILK LATTE 	186	VS.	143		VS.	0

SLENDA® is the #1 recommended sweetener brand by healthcare professionals.*



1. When used in place of sugar; Rogers PJ, Hogenkamp PS, de Graaf C, et al. (2016) Does low-energy sweetener consumption affect energy intake and body weight? A systematic review, including meta-analyses, of the evidence from human and animal studies. Int J of Obes 40(3), 381-394. 2. 2019, February 19. (By Any Other Name It's Still Sweetener). Retrieved from: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/by-any-other-name-its-still-sweetener>. 3. 2019, June. Retrieved from: calorieking.com. *Among healthcare professionals clinically treating patients.