

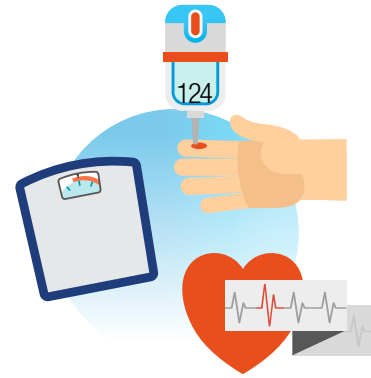
Rethink Your Drink



Sugary beverages are a significant source of calories and added sugars.¹

Drinking sugary beverages is associated with:²

- Weight gain
- Obesity
- Type 2 diabetes
- Heart disease



Using Zero-Calorie Sweeteners In Place Of Added Sugars Help To:



Reduce added sugars^{3,7}



Help cut calories, lose weight and keep it off⁸⁻⁹



Avoid blood sugar and insulin spikes caused by drinks with added sugars^{3,5,6}



Enhance the taste and amount of water you drink for healthy benefits^{3,4}



Reduce risk for prediabetes & diabetes complications caused from high blood sugar¹⁰

Try 3 easy and delicious Splenda recipes to reduce sugar in your beverages today



Iced Vanilla Coffee
Made with Splenda Liquid Sweetener



Southern Sweet Tea
Made with Splenda Stevia Sweetener



Lemonade by the Pitcher!
Made with Splenda Original Sweetener

The **chart on the back** shows how small swaps make a big difference!

SMALL STEPS, **BIG DIFFERENCE**

Easy Swaps to Kick Start Weight Loss, Cut Calories and Avoid Blood Sugar Spikes*

Instead of Sugar-Sweetened Drink:

Easy Swap:

Every 90 days, cut*:



200
CALORIES
16.9 oz soda



0
CALORIES
20 oz sparkling water with liquid water enhancer

18,000
CALORIES
Or up to 5 pounds!¹¹



170
CALORIES
12 oz fruit juice



0
CALORIES
12 oz water with fresh fruit

15,300
CALORIES
Or up to 4 pounds!¹¹



170
CALORIES
16 oz sweet tea



5
CALORIES
20 oz Unsweetened tea and zero calorie sweetener packets

14,850
CALORIES
Or up to 4 pounds!¹¹



210
CALORIES
16 oz iced latte



70
CALORIES
16 oz iced latte using unsweetened almond milk and zero calorie sweetener packets

12,600
CALORIES
Or up to 3.5 pounds!¹¹

+Learn more at [Splenda.com](https://www.splenda.com)

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* Estimated cutting 3,500 calories results in 1lb of weight loss when not replaced with other calories. References: 1. Get the Facts: Sugar-Sweetened Beverages and Consumption: <https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html> 2. Sugary Drinks: <https://www.hsph.harvard.edu/nutritionsource/healthy-drinks/sugary-drinks/> 3. Leahy M, Ratliff JC, Riedt CS, Fulgoni VL. Consumption of Low-Calorie Sweetened Beverages Compared to Water Is Associated with Reduced Intake of Carbohydrates and Sugar, with No Adverse Relationships to Glycemic Responses: Results from the 2001-2012 National Health and Nutrition Examination Surveys. *Nutrients*. 2017 Aug 24;9(9):928. doi: 10.3390/nu9090928. PMID: 28837084; PMCID: PMC5622688. (Calories, sugar, water) 4. Marc Fantino, Agnes Fantino, Marie Malray, Frédéric Mistretta. Beverages containing low energy sweeteners do not differ from water in their effects on appetite, energy intake and food choices in healthy, non-obese French adults *Appetite*, Volume 125, 1 June 2018, Pages 557-565 (water, calories) 5. Ma J, Chang J, Checklin HL, Young RL, Jones KL, Horowitz M, Rayner CK. Effect of the artificial sweetener, sucralose, on small intestinal glucose absorption in healthy human subjects. *Br J Nutr*. 2010 Sep;104(6):803-5. doi: 10.1017/S0007114510001527. Epub 2010 Apr 27. PMID: 20420761. (blood sugar) 6. Hope Warshaw, Steven V. Edelman, Practical Strategies to Help Reduce Added Sugars Consumption to Support Glycemic and Weight Management Goals. *Clin Diabetes* 1 January 2021; 39 (1): 45-56. <https://doi.org/10.2337/cd20-0054> (weight blood sugar) 7. McGlynn ND, Khan JA, Wang L, et al. Association of Low- and No-Calorie Sweetened Beverages as a Replacement for Sugar-Sweetened Beverages With Body Weight and Cardiometabolic Risk: A Systematic Review and Meta-analysis. *JAMA Netw Open*. 2022;5(3):e222092. doi:10.1001/jamanetworkopen.2022.2092. (sugar, weight, calories) 8. 8.Rogers PJ, Hogenkamp PS, et al. 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 Obes (Lond)*. 2016 Mar;40(3):381-94. doi: 10.1038/ijo.2015.177. Epub 2015 Sep 14. PMID: 26365102; PMCID: PMC4786736. (weight) 9. Rogers PJ. The role of low-calorie sweeteners in the prevention and management of overweight and obesity: evidence v. conjecture. *Proc Nutr Soc*. 2017 Nov;23:1-9 (weight) 10. Long-term complications of diabetes/hyperglycemia (CDC): <https://www.cdc.gov/diabetes/managing/problems> 11. Quantification of the effect of energy imbalance on bodyweight. Hall KD, Sacks G, Chandramohan D, Chow CC, Wang YC, Gortmaker SL, Swinburn BA. *Lancet* (2011 Aug 27) 27;378(9793):826-37.