

RETHINK YOUR DRINK

The smallest change you can make with the **BIGGEST** result.

The Bitter Truth About Sugary Drinks

Sugary drinks are the #1 source of added sugars in the American diet.¹



Americans consume 17 teaspoons of added sugars on an average day. That is double or more the recommended daily limit.^{2,3}



People who have sugary drinks often are more likely to develop:

Obesity⁴



Heart Disease⁴



Type 2 Diabetes⁴



Cavities⁵



The hidden sugars in your drinks add up—having too many comes with health risks!

What are Hidden Sugars?

HIDDEN SUGARS are added sugars disguised as lesser-known names. They are found in drinks you wouldn't expect, like bottled fruit juices and teas.



SPOT HIDDEN SUGARS IN YOUR DRINKS

Look for these alternative names for sugar on labels.

- Raw sugar
- Beet sugar
- Fructose
- Honey
- Corn Syrup
- Brown sugar
- Invert sugar
- Glucose
- Agave Nectar
- High-fructose corn syrup
- Date sugar
- Cane sugar
- Maltose
- Molasses
- Malt syrup
- Coconut sugar
- Cane juice
- Sucrose
- Maple syrup

SEE BACK TO START MAKING SIMPLE DRINK SWAPS!



Small Steps Add Up To Big Results

Simple drink swaps to cut calories, avoid blood sugar spikes, and manage a healthy weight.⁶⁻⁸

**INSTEAD OF
SUGARY DRINK**

SIMPLE SWAP

**EVERY 90
DAYS CUT***



16.9oz Soda
200
calories



20oz Sparkling Water with
Liquid Water Enhancer

0
calories

26 cups sugar

18,000
calories

Or up to 5 pounds



16oz Fruit Juice
200
calories



16oz Water with
Fresh Fruit

0
calories

20 cups sugar

18,000
calories

Or up to 5 pounds



16oz Sweet Tea
170
calories



20oz Unsweetened Tea with Zero
Calorie Sweetener Packets

5
calories

21 cups sugar

14,850
calories

Or up to 4 pounds



16oz Iced Latte
190
calories



16oz Iced Latte with Unsweetened Almond
Milk and Zero Calorie Sweetener Packets

70
calories

13 cups sugar

10,800
calories

Or up to 3 pounds

 **American
Diabetes
Association**
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1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. Published December 2020. DietaryGuidelines.gov 2. US Department of Agriculture, Agricultural Research Service. 2020. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, What We Eat in America, NHANES 2017-2018. 3. Johnson RK, Appel LJ, Brands M, et al. Dietary sugars intake and cardiovascular health: a scientific statement from the American Heart Association. Circulation. 2009;120(11):1011-1020. doi:10.1161/CIRCULATIONAHA.109.192627 4. Malik VS, Popkin BM, Bray GA, Després JP, Hu FB. Sugar-sweetened beverages, obesity, type 2 diabetes mellitus, and cardiovascular disease risk. Circulation. 2010;121(11):1356-1364. doi:10.1161/CIRCULATIONAHA.109.876185 5. Laniado N, Sanders AE, Godfrey EM, Salazar CR, Badner VM. Sugar-sweetened beverage consumption and caries experience: An examination of children and adults in the United States, National Health and Nutrition Examination Survey 2011-2014. J Am Dent Assoc. 2020;151(10):782-789. doi:10.1016/j.adaj.2020.06.018 6. Warshaw H, Edelman SV. Practical Strategies to Help Reduce Added Sugars Consumption to Support Glycemic and Weight Management Goals. Clin Diabetes. 2021;39(1):45-56. doi:10.2337/cd20-0034 7. McGlynn ND, Khan TA, 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. Published 2022 Mar 1. doi:10.1001/jamanetworkopen.2022.2092 8. Tey SL, Salleh NB, Henry J, Forde CG. Effects of aspartame-, monk fruit-, stevia- and sucrose-sweetened beverages on postprandial glucose, insulin and energy intake. Int J Obes (Lond). 2017;41(3):450-457. doi:10.1038/ijo.2016.225 *Estimated cutting 3,500 calories results in 11lb of weight loss when not replaced with other calories