

Rethink your drink!

Have you ever thought about how much sugar is in the beverages you drink?
Or the amount of calories that the sugar you drink adds to your daily intake?
If you're like most people, probably not!



Sugar Busters

You'd be surprised how much sugar is in some of your favorite beverages. Drinking them in moderation will likely have little impact, but too much over time may contribute to becoming overweight or obese, or developing conditions such as diabetes and heart disease.



Recommended daily limits on added sugar

Men should not have more than 36 grams (9 teaspoons)

Women should not have more than 25 grams (6 teaspoons)

Turn to us—we can help.



Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

Download the app today!



The healthiest way
to satisfy your thirst
and stay hydrated
is by drinking water.
It is sugar-and
calorie-free!

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