



SIP SMARTER

Replace sweetened drinks to cut back on added sugars and empty calories.

REPLACE SUGARY BEVERAGES...

- full-calorie soft drinks
- energy/sports drinks
- sweetened “enhanced water” drinks
- sweet tea
- sweetened coffee drinks

WITH BETTER CHOICES!

- The best thing you can drink is water! Try it plain, sparkling or naturally flavored with fruit or herbs.
- Drink coffee and tea without added sugars for a healthier energy boost.
- For adults, diet drinks may help replace high-calorie sodas and other sugary drinks.

THE FACTS MAY SURPRISE YOU.

Most Americans consume nearly **20 TEASPOONS** of added sugars **EACH DAY.**

That's more than **TRIPLE** the recommended daily limit for women and **DOUBLE** for men!

Sugar-sweetened beverages like soda and energy/sports drinks are the

#1 SOURCE OF ADDED SUGARS IN OUR DIET.

A can (12 FL OZ) of regular soda has about **150 CALORIES AND 10 TEASPOONS** of added sugar.

TRY THESE TIPS TO QUENCH YOUR THIRST WITH LESS ADDED SUGARS



START CUTTING BACK.

Take steps to reduce or replace sugary drinks in your diet:

REPLACE most of your drinks with water.

REDUCE the amount of sugar in your coffee or tea gradually until your taste adjusts to less sweetness.

ADD plain or sparkling water to drinks to keep some of the flavor with less added sugars per servings.



CHOOSE WATER.

Make water the easy, more appealing go-to choice:

CARRY a refillable water bottle.

ADD a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a boost of flavor.

TRY seltzer, club soda or sparkling water if you crave the fizz.



MAKE IT AT HOME.

Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

START WITH UNSWEETENED beverages, then flavor to taste with additions like fruit, low-fat or fat-free milk, and herbs and spices.

Get great recipes for beverages and more at [HEART.ORG/RECIPES](https://www.heart.org/recipes).



READ THE LABEL, AND CHOOSE WISELY.

Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredients list.

Added sugars go by many names, including sucrose, glucose, maltose, dextrose, high fructose corn syrup, cane syrup, concentrated fruit juice, agave nectar and honey.

EAT SMART ADD COLOR MOVE MORE BE WELL

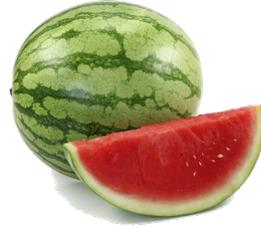
FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: [HEART.ORG/EATSMART](https://www.heart.org/eatsmart)

Watermelon Coco-Lime Smoothie

Prep Time: 10 minutes Number of Servings: 1

Ingredients:

- 1 cup chopped seedless watermelon
- ½ cup unsweetened coconut milk
- 2 large mint leaves
- 1-2 teaspoons honey (optional)
- 4 to 5 ice cubes
- ¼ cup fresh lime juice



Directions:

1. Add the watermelon, coconut milk, mint leaves, honey (if using) and ice cubes to a blender. Pulse or puree until all ingredients are blended well.
2. Pour in the lime juice and pulse two to three times to incorporate it into the smoothie. Pour into a glass and serve cold.

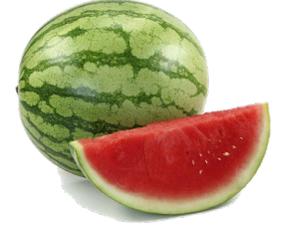
See reverse side for tips & nutrition information

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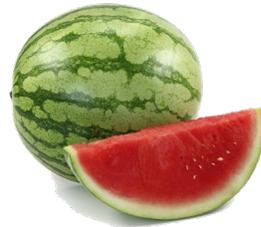
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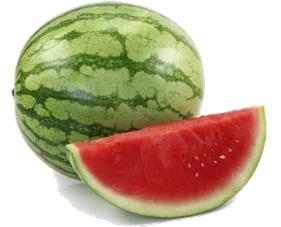
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Watermelon Coco-Lime Smoothie

Tips:

- ✓ Adjust the amount of honey you use to your taste preference or substitute with a sweetener of your choice
- ✓ Try using coconut water instead of coconut milk
- ✓ Swap or add in cantaloupe or honeydew or all 3 for a triple melon smoothie
- ✓ For added protein add 6oz plain, non-fat Greek yogurt

Nutrition Facts (per serving, which includes 1 tsp honey):

Calories: 108 **Protein:** 1gm **Total Carbohydrates:** 23gm

Fiber: 1.6gm **Total Fat:** 3gm **Cholesterol:** 0mg **Sodium:** 5mg



Recipe courtesy of Paramount Citrus

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Fruit Infused Waters

Prep Time: 5 minutes Number of Servings: 4 (per each recipe)

Watermelon, Kiwi, Lime Water Ingredients:

- 4 Cups water + ½ cup ice
- 1 cup cubed watermelon
- 1 kiwi, peeled and sliced into thin circles
- 1 lime, sliced into thin circles



Strawberry, Lime, Basil Water Ingredients:

- 4 Cups water + ½ cup ice
- ½ cup strawberries, fresh or frozen, sliced
- 6 basil leaves, sliced into strips
- 1 lime, sliced into thin circles



Raspberry, Mango, Ginger Water Ingredients:

- 4 Cups water + ½ cup ice
- 1 cup raspberries, fresh or frozen
- 1 cup frozen mango chunks
- 1-2-inch piece ginger, peeled and thinly sliced



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Fruit Infused Waters

Directions:

1. In a large beverage pitcher, add your choice of fruits and herbs (if using) together along with ice and water.
2. You can add additional fruit or herbs (such as mint or basil) to garnish if you like.

Tips:

- ✓ If you plan to make multiple recipes to leave in the refrigerator, the fruits and herbs should be removed after 4 hours.
- ✓ Fruit infused waters can be stored in the refrigerator for up to 3 days before needing to be discarded.

Nutrition Facts: 22 calories per serving

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