



# SUGAR

**RETHINK YOUR DRINK**

On average, Americans consume about 20 teaspoons of added sugar daily.

Nearly half of added sugar intake is from sodas, fruit drinks, sweetened coffees and teas, and other sugary drinks.

**CHOOSE GREEN-CODED DRINKS FOR OPTIMAL FUEL AND HYDRATION**



Water (Plain or Sparkling)



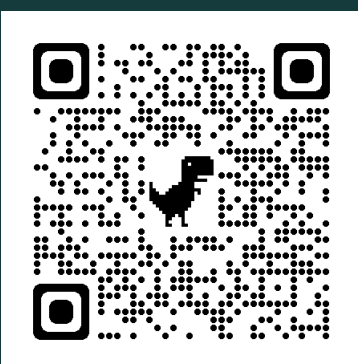
Infused Water



Hot or Iced Tea (Unsweetened)



Hot or Iced Coffee (Unsweetened)



[hprc-online.org/nutrition/go-green](http://hprc-online.org/nutrition/go-green)