



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)



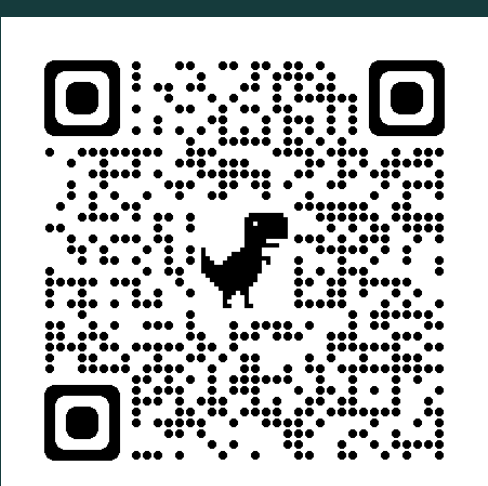
Infused Water



Hot or Iced Tea
(Unsweetened)



Hot or Iced Coffee
(Unsweetened)



hprc-online.org/nutrition/go-green