

Choose Health. Drink Water.

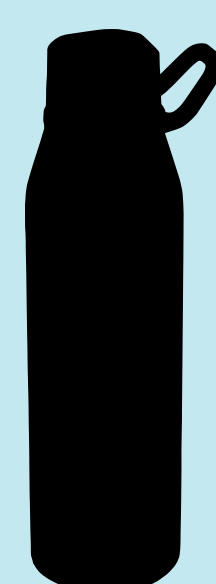
How much sugar is in your drink?

The American Heart Association recommends limiting **daily** added sugar intake to:

0 teaspoons for children under 2

6 teaspoons for women and children ages 2-18

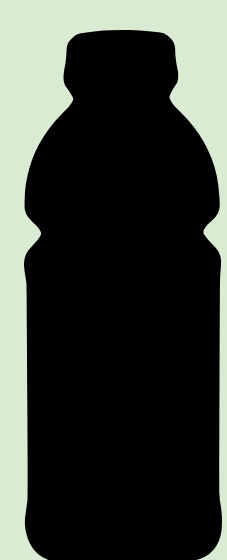
9 teaspoons for men



I have

0

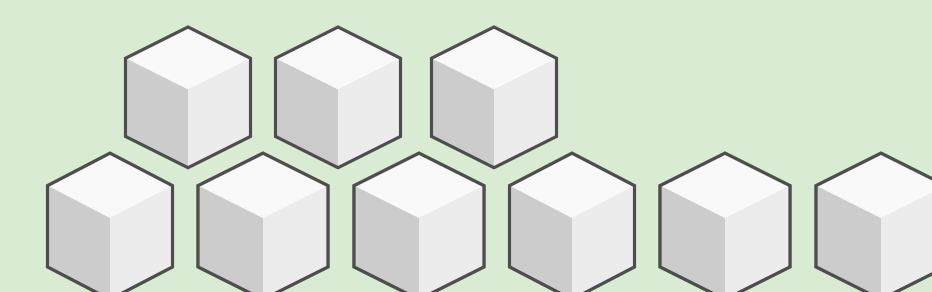
teaspoons of sugar
in a 20 fl oz container



I have

9

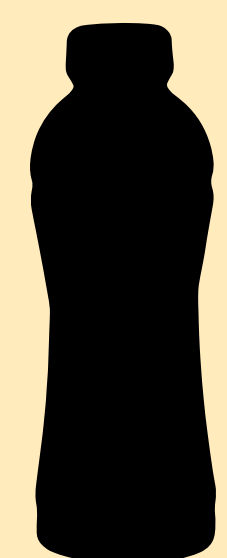
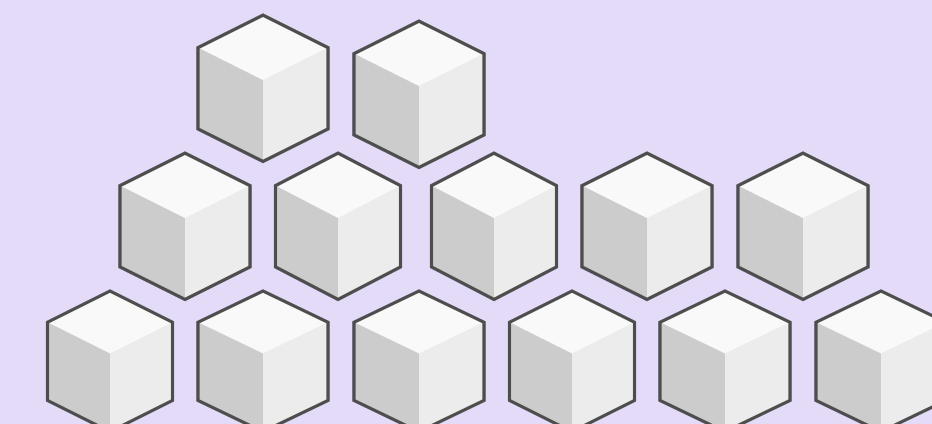
teaspoons of sugar
in a 20 fl oz container



I have

13

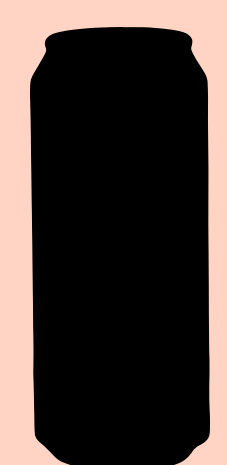
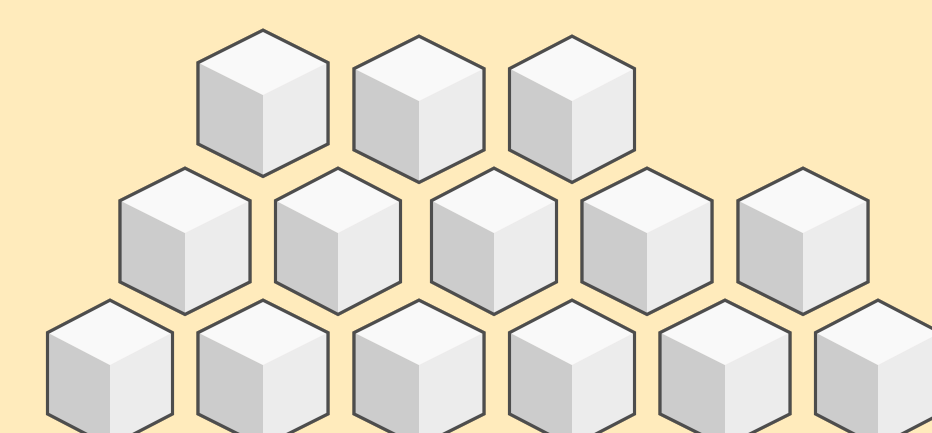
teaspoons of sugar
in a 16 fl oz container



I have

14

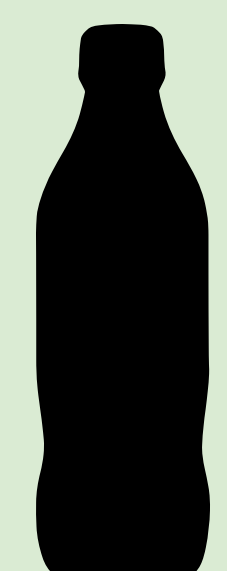
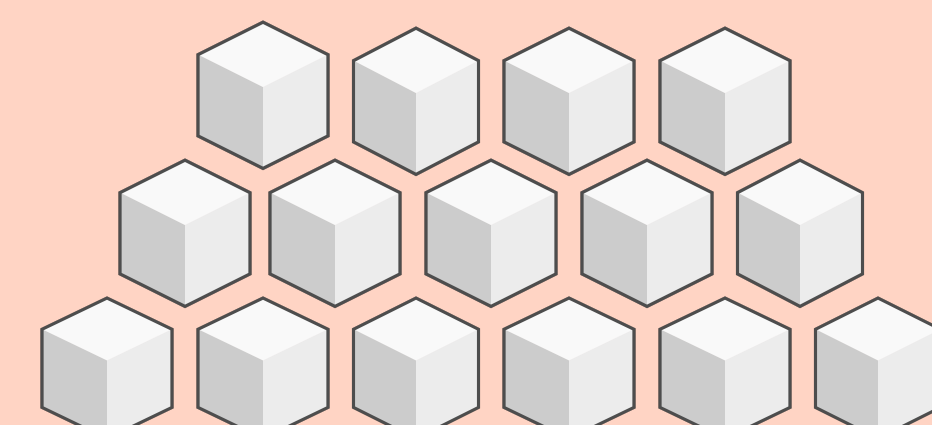
teaspoons of sugar
in a 20 fl oz container



I have

14

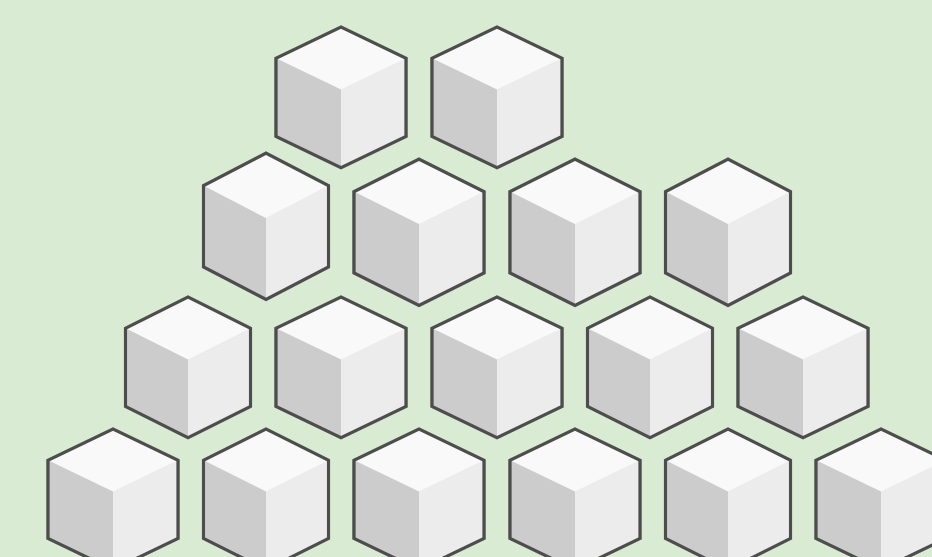
teaspoons of sugar
in a 16 fl oz container



I have

17

teaspoons of sugar
in a 20 fl oz container



Go to www.CutTheSugar.org for more information about sugary drinks and how to drink more water.

Note: The number of teaspoons of added sugar for each beverage are approximated. The exact number of teaspoons may vary by brand.

Escoge la Salud. Toma Agua.

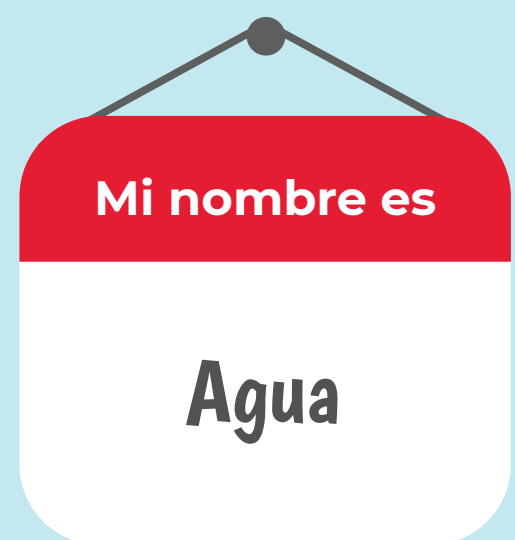
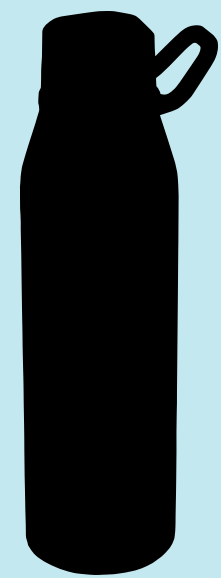
¿Cuánta azúcar hay en tus bebidas?

La Asociación Americana del Corazón recomienda limitar cuánta azúcar le agregas a tus alimentos **diariamente**:

0 cucharaditas para niños menores de 2 años

6 cucharaditas para mujeres y niños entre 2-18 años

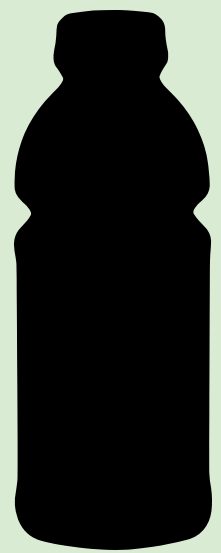
9 cucharaditas para hombres



Yo tengo

0

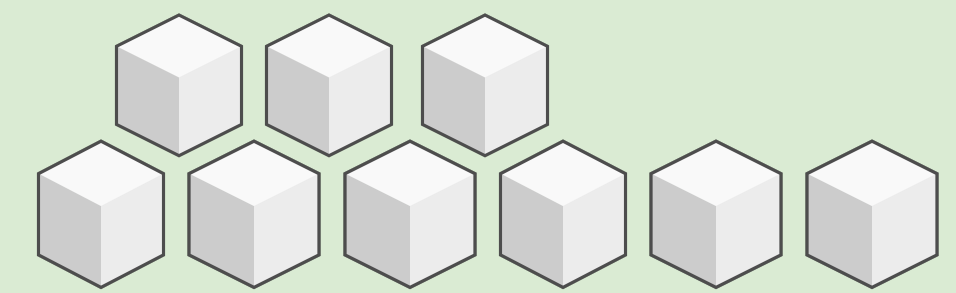
cucharaditas de azúcar en un envase de 20 onzas



Yo tengo

9

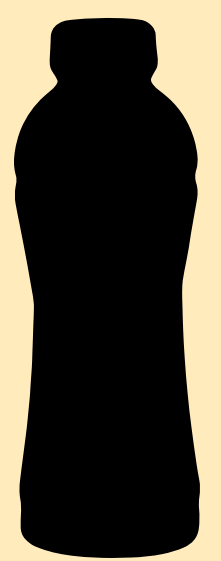
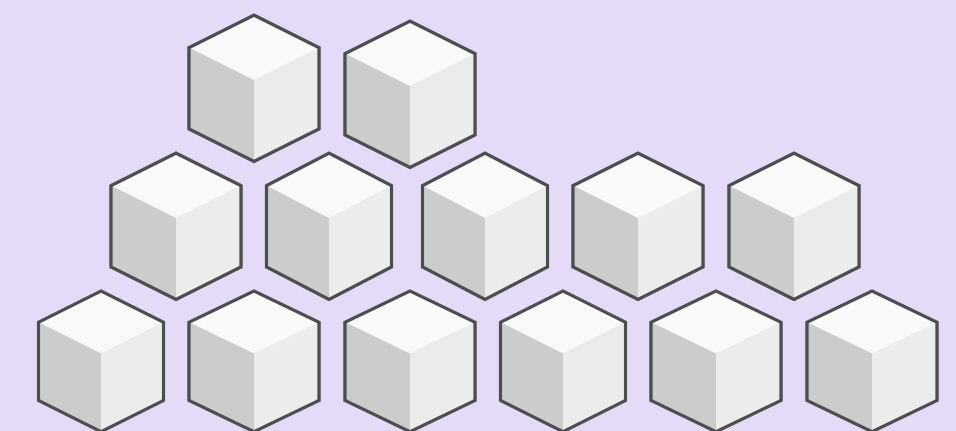
cucharaditas de azúcar en un envase de 20 onzas



Yo tengo

13

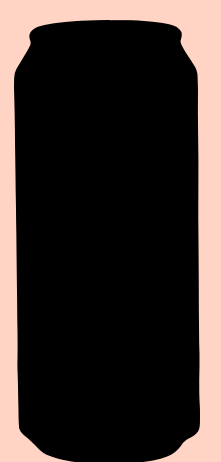
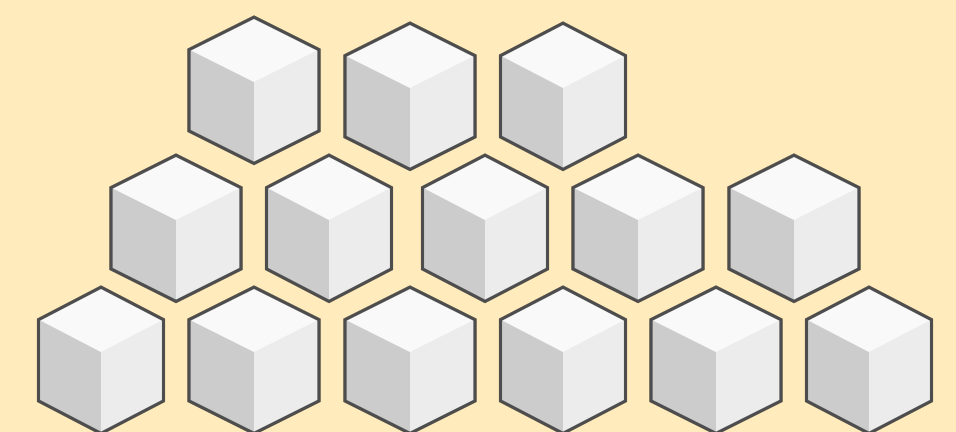
cucharaditas de azúcar en un envase de 16 onzas



Yo tengo

14

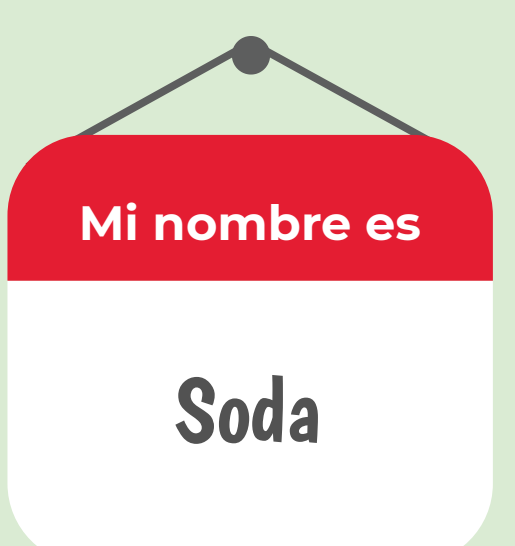
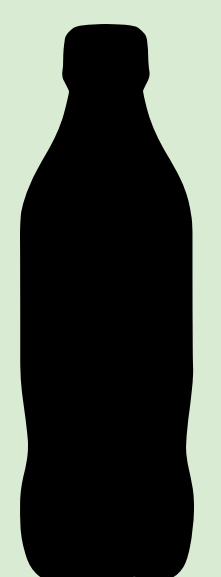
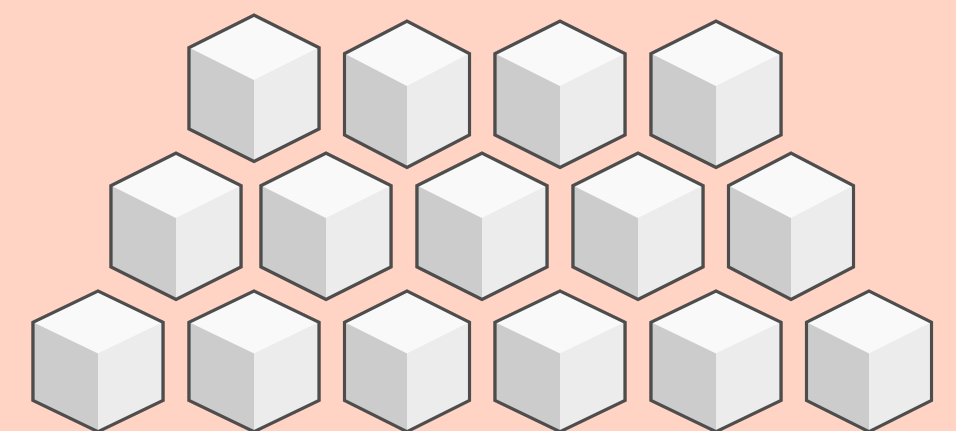
cucharaditas de azúcar en un envase de 20 onzas



Yo tengo

14

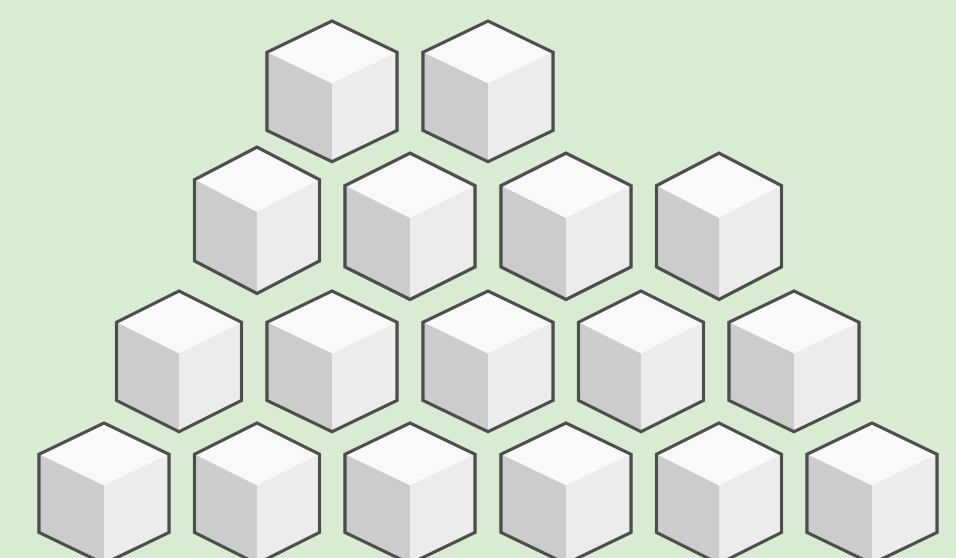
cucharaditas de azúcar en un envase de 16 onzas



Yo tengo

17

cucharaditas de azúcar en un envase de 20 onzas



Visite www.ReducirElAzucar.org para obtener más información acerca de las bebidas azucaradas y cómo tomar más agua.

Nota: El número de cucharaditas de azúcar agregada a cada bebida son aproximadas. Es probable que el número de cucharaditas cambie entre empresas.