



Toolbox

Reducing Sugary Drinks in Your Diet

Take a minute and think about what you drink in a typical day. Unless you are a true water lover, you may be getting some extra, unneeded calories through sweetened soft drinks, sodas, iced tea, coffee, juice, and energy and sports drinks. In fact, sugary drinks are the number one source of added sugars in our diet.

Some research suggests that when you drink calories, you aren't as satisfied as when you eat the same amount of calories in food. This could lead to eating more calories than you need.

Read nutrition labels and ingredients Beverages like energy drinks can be deceiving because they advertise that they are healthy but usually contain a lot of added sugars.