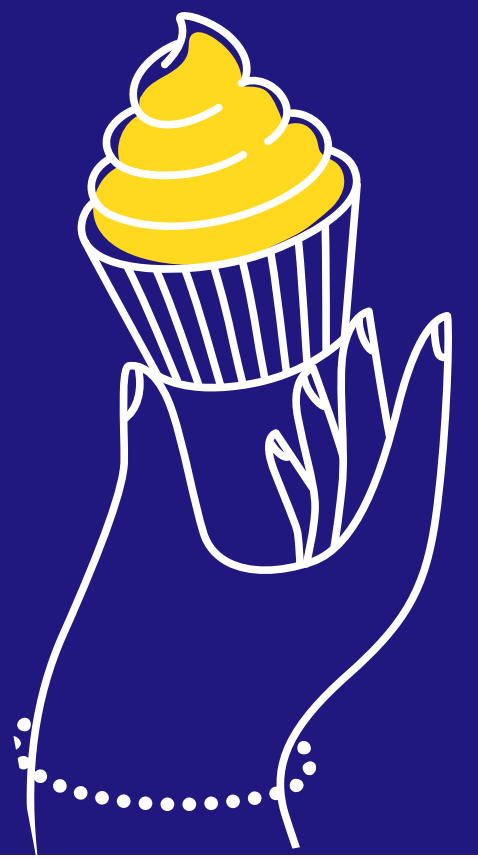


SWAP THE SUGAR. MAKE THE SWITCH.



SWAP THIS



Lemon Tea



Mandarin Flavored
Tea



Caramel Frappe



Sports Drink



Cola



Fruit Flavored Candy

SWITCH TO



Unsweetened
Tea



Infused Water



Black Coffee
(No Sugar)



Fresh Coconut
Water



Water



Fresh Island Fruits

A Closer Look:



VS



Flavored drinks usually have **high amounts of added sugars**. Add fruit to water for flavor without the added sugar!

DID YOU KNOW?

Sugary drinks raise your risk for Type 2 Diabetes, heart disease, and weight gain.



Be Sugar Smart!

- Choose **water** first
- Swap one sugar drink per day
- Choose unsweetened drinks and snacks without added sugar



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