

Learn the facts about sugar and caffeine

# Drink to your health

# saif

Work. Life. Oregon.

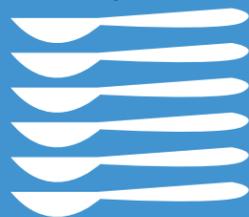
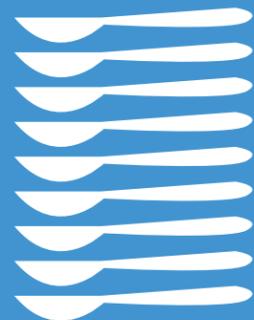
## Know your limit

Recommended daily limit of added sugar:

Men: 36 grams or **9** teaspoons

Women and kids (2-18): 25 grams or

**6** teaspoons



[ Source: American Heart Association ]

## What's the buzz?

Health effects of caffeine consumption

### Moderate (300 mg. or less):

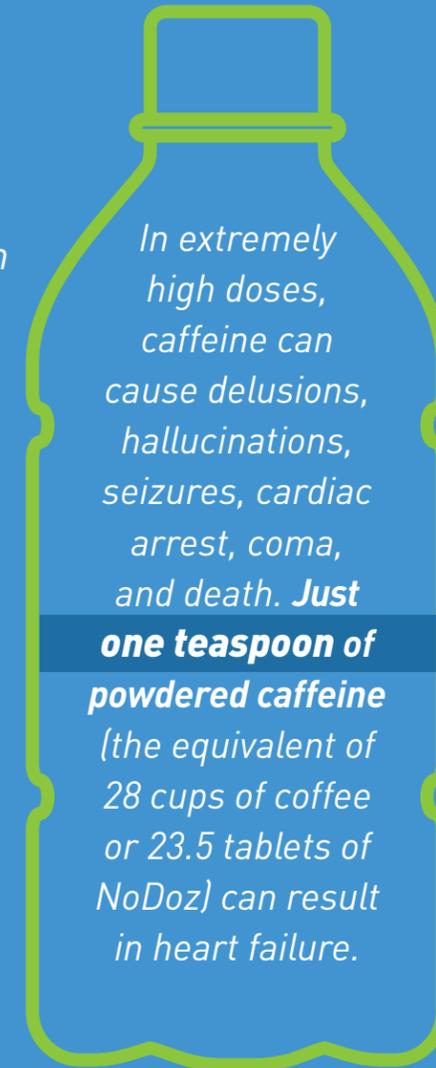
- Mental stimulation
- Increased physical performance
- Easing headaches

### Increased (400 mg. or more):

- Breathing problems
- Diarrhea
- Dizziness
- Fever
- Increased thirst and urination

### High (500 mg. or more):

- Anxiety
- Cardiovascular symptoms
- Gastrointestinal complaints



In extremely high doses, caffeine can cause delusions, hallucinations, seizures, cardiac arrest, coma, and death. **Just one teaspoon of powdered caffeine** (the equivalent of 28 cups of coffee or 23.5 tablets of NoDoz) can result in heart failure.

## Don't drink your calories.

Try Unsweetened tea

Not Sweet tea

Try Infused water

Not Soda

Try Brewed coffee

Not Flavored mocha

## Boost energy the natural way.

- Get plenty of sleep.
- Exercise, at the start of your day.
- Eat a healthy breakfast.
- Get excited and engaged.
- Expose yourself to natural light.
- Address your stress.
- Stay hydrated.

## Caffeine

about three 8-oz. cups of coffee—is considered safe for most adults.



## Sugar-sweetened beverages

account for almost half of all added sugars consumed in the U.S.

[ Source: 2015–2020 Dietary Guidelines ]



Cola (12 oz.) = **39** grams sugar and **35** mg. caffeine

Bottled sweet tea (18.5 oz.) = **42** grams sugar and **57** mg. caffeine

Blended mocha drink (13.7 oz.) = **45** grams sugar and **130** mg. caffeine

Energy drink (12 oz.) = **39** grams sugar and **160** mg. caffeine

Too much added sugar can lead to:

- Heart disease
- Increased cancer risk
- Cognitive decline
- Diabetes
- High blood pressure
- Tooth decay
- Liver failure
- Obesity

