



Hydrate TO FEEL GREAT!



Did you know that drinking water improves digestion, brain function and energy levels? It also reduces joint pain and headaches. Water is essential, and it is the only beverage that provides your body what it needs to feel great.

Sugar-sweetened beverages



Soda, vitamin water, sports drinks, fruit juices and energy drinks claim to give you energy, but water is the better choice.

The amount of sugar hidden away in these drinks can contribute to **obesity, heart disease, kidney disease, tooth decay and other health problems**. Two cans of soda per day have enough sugar to increase your risk of getting Type 2 Diabetes by 26%.

OTHER WORDS FOR SUGAR: *Sugar-sweetened beverage companies try to hide how much sugar is in their products with words like juice concentrates, syrups, honeys and words that end in "ose" (fructose, sucrose, etc.). Don't be fooled, these are all words for added sugars.*

What's on tap?

To reduce waste and the cost of drinking water, you can drink water straight from the tap. The Pacific Northwest has exceptional tap water compared to the rest of the nation.

PRO TIP: *Carrying a water bottle with you to fill with tap water throughout the day is a great way to stay hydrated and prevent landfills from filling up with plastic water bottles. Many businesses even have water bottle refilling stations available, so be on the lookout.*



Add some flavor!

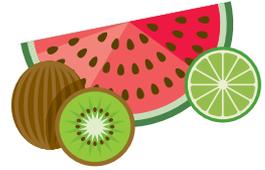
Is water too bland and boring? Try infusing your water by adding fruit, veggies, and herbs like:



Strawberry, lemon & basil



Honeydew, cucumber & mint



Watermelon, kiwi & lime

MORE OPTIONS: Coffee, tea, and sparkling water are also good alternatives to quench your thirst and avoid sugary beverages. Eating foods that have a high water content, such as lettuce, cucumbers, watermelon, tomatoes and apples can also help you stay hydrated.

Know your limits

According to the American Heart Association, sugar should be limited to 6-9 teaspoons a day for adults and fewer than 6 teaspoons a day for kids. Just one can, bottle or pouch of most sugar-sweetened beverages will exceed the daily amount of sugar suggested for children.



12 oz
Cola
10 tsp



6 oz
Capri Sun
7 tsp



20 oz
Vitamin Water
8 tsp



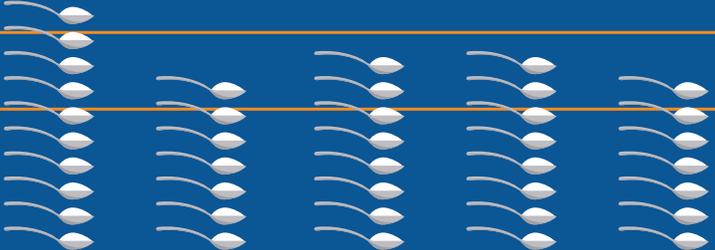
20 oz
Gatorade
8 tsp



8.3 oz
Red Bull
7 tsp

9 tsp

6 tsp



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