

## SUGAR-SWEETENED BEVERAGES

# LOVE 'EM OR LEAVE 'EM?



Although sugar-sweetened drinks do provide water, they're usually higher in calories than unsweetened ones. For example, a 20-ounce bottle of soda adds an additional 240 calories to your day. Sweetened lemon iced tea from the vending machine adds another 180 calories. By replacing these kinds of drinks with a glass of water or sparkling water and a lemon slice, you'll save yourself hundreds of calories. Simply put, if you're trying to manage your weight, try sticking to drinks and foods that don't have added sugars.

### Examples of beverages with added sugars:

- Fruit drinks
- Some sports drinks
- Soft drinks and sodas (non-diet)

Always read the ingredients on the bottle. If you see any of the following listed and you're trying to avoid sugar-sweetened drinks, you may want to re-think your beverage choice:

- High-fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup
- Corn syrup
- Sucrose
- Dextrose

For more information on ways to get and stay healthy, visit [myCigna.com](http://myCigna.com)

Source: [cdc.gov/healthyweight/healthy\\_eating/drinks.html](http://cdc.gov/healthyweight/healthy_eating/drinks.html)

**GO YOU<sup>SM</sup>**



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