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*Spot illo*

## Count the Added Sugars

Think about what you like to drink during the day. Choose four different beverages that you might drink with your breakfast, lunch, dinner, and snack. Then see how the added sugars in these beverages add up.

LET'S GET STARTED!

Choose 4 beverages at different points during the day



Drink



Drink



Drink



Drink



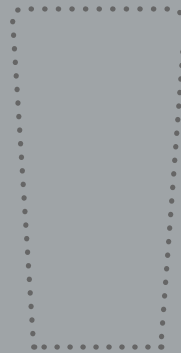
Drink



Drink



Drink



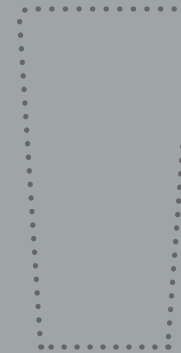
Drink



Drink



Drink

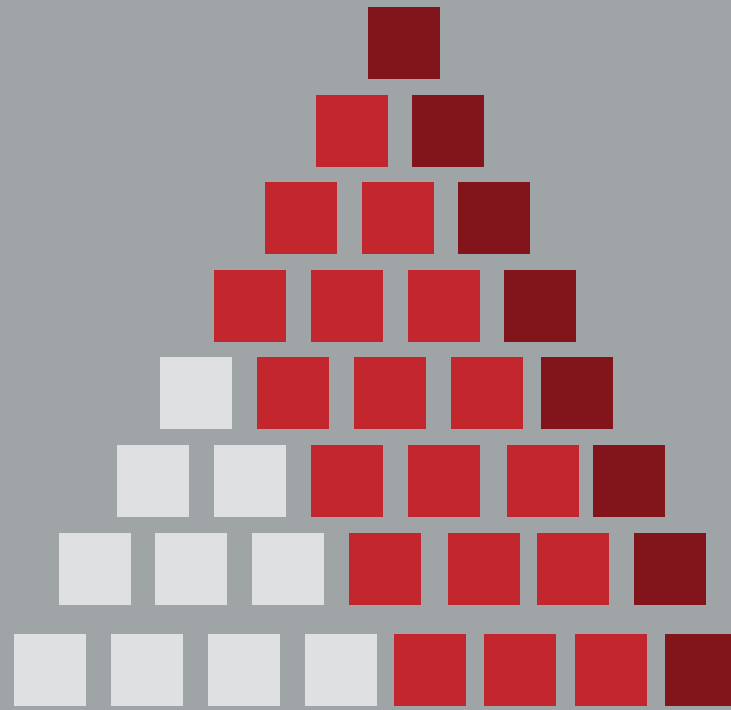


Drink

BACK



The beverages you drink add up throughout the day. A healthy eating pattern limits added sugars to less than 10% of your total daily calories. For example, if someone needs 1800 calories per day, that means no more than 180 calories from added sugars. Notice how even two sugar-sweetened beverages can put you over the recommended limit.



- Drink 1 XX g | XX tsp
- Drink 2 XX g | XX tsp
- Drink 3 XX g | XX tsp
- Drink 4 XX g | XX tsp



= 1 teaspoon | xxg of Sugar

## Physical Activity Needed

Take a look at how much physical activity would be needed to work off the added sugar in the beverages you pick.



= 10 mins of x exercise