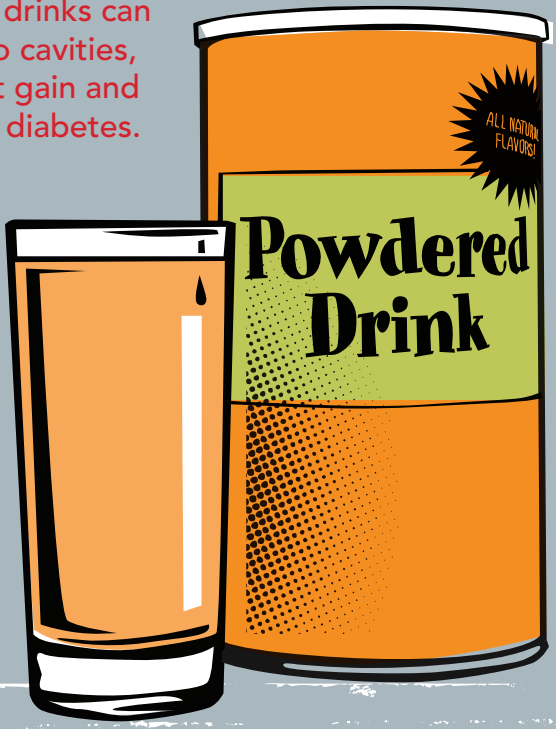
EVEN ONE IS TOO MUCH

JUST ONE POWDERED DRINK CAN HAVE MORE SUGAR THAN YOU SHOULD HAVE IN ONE DAY.

Sugary drinks can lead to cavities, weight gain and type 2 diabetes.



DRINK WATER

STATE of ALASKA
Department of Health and Social Services

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PLAY EVERY DAY

Can Too Much Sugar Harm Your Health?

Sugary drinks can lead to serious health problems, including type 2 diabetes, obesity, heart disease and cavities.

Just one bottle of soda or one large glass of a powdered drink mix can have more added sugar than you should consume during one day. This daily limit for added sugar intake comes from the Dietary Guidelines for Americans.

How to Find the Added Sugars

Check the back of the bottle. Read the ingredient list to see if sugar is added to your drink. The first ingredients listed are the ones that appear in the largest amounts.

If a sweetener is listed in the first three ingredients, the drink is loaded with sugar.

Sugar Goes by Many Names

Sugar isn't always called sugar. The following sweeteners add calories with little or no nutritional value:

- Agave nectar
- Barley malt
- Brown rice syrup
- Cane sugar
- Corn syrup
- Corn syrup solids
- Crystalline fructose
- Dextrose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate
- Fruit nectar
- Galactose
- Glucose
- Glucose-fructose syrup
- High-fructose corn syrup
- Honey
- Maltose
- Malt syrup
- Maple syrup
- Molasses
- Sucrose

Choose healthy drinks.
Drink water and low-fat milk.