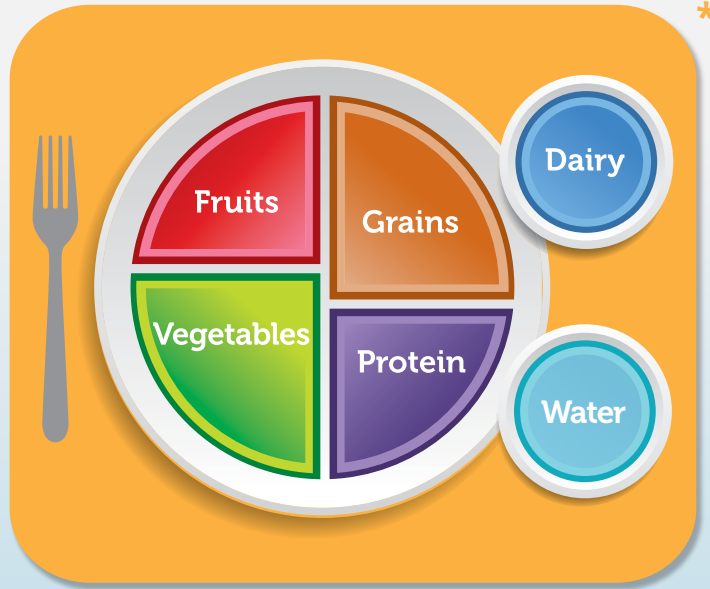


YOUR GUIDE TO HEALTHIER EATING AND SIPPING



WATER LOG: TRACK YOUR H2O INTAKE

Water is a great choice for staying hydrated while avoiding extra calories and added sugars. Use the chart below to track your daily water intake. Note: droplets are not meant to indicate a daily target.†



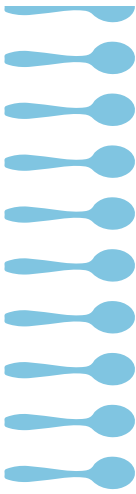
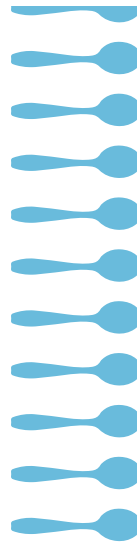
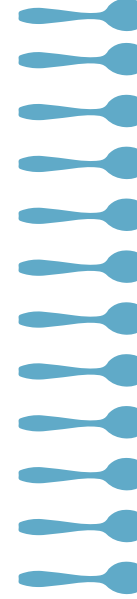
| | | | | | | | | | |
|-----|---|---|---|---|---|---|---|---|---|
| mon | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ |
| tue | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ |
| wed | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ |
| thu | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ |
| fri | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ |
| sat | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ |
| sun | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ |

†Adapted from the University of California Nutrition Policy Institute. †The National Academy of Medicine has established Adequate Intake Values for total daily water. General recommendations for women target approximately 9, eight-ounce cups of total fluid each day, while the target for men is 12.5 eight-ounce cups. Of note, prolonged physical activity and heat exposure may increase water loss and therefore may increase daily fluid needs.

☹ = 8-ounces


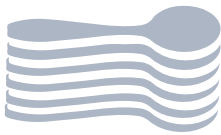
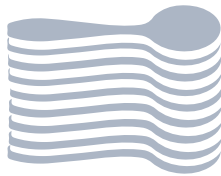
HOW SWEET IS YOUR SIP?

Choose smarter sips that are lower in calories and added sugars. Water should be your first choice for daily hydration.

| CALORIES PER 12-OUNCE SERVING | 0 | 0 | 15 | 155 | 165 | 280 | 220 |
|-------------------------------|----------------------------|-----------------|---|--|---|--|--|
| SUGAR (GRAMS/TSP) | 0 g/0 tsp | 0 g/0 tsp | 4 g/1 tsp | 36 g/9 tsp | 38 g/9.5 tsp | 42 g/10.5 tsp | 49 g/12 tsp |
| | | |  |  |  |  |  |
| | Water (still or sparkling) | Unsweetened Tea | Coffee with 1 tsp Sugar | Cola | Fruit Juice Drink | Sweetened Coffee Drinks (milk based) | Energy Drinks |

Calories, grams of sugar, and teaspoons of sugar were determined using standard reference values in the USDA Nutrient Database. Beverage categories correspond to data fields in the USDA Nutrient Database. Calculations are approximate due to rounding. Calories and sugar based on a 12-ounce serving.

RECOMMENDED DAILY ADDED SUGAR LIMIT¹

| TODDLERS & INFANTS < 2YEARS | CHILDREN & TEENS | WOMEN | MEN |
|-----------------------------|---|--|---|
| |  |  |  |
| NO MORE THAN: | | | |
| 0 tsp | 5 tsp / 20g | 6 tsp / 25g | 9 tsp / 36g |

1. Vos, MB, et al. Added Sugars and Cardiovascular Disease Risk in Children: A Scientific Statement From the American Heart Association. Circulation. 2016 Aug 22;135(19):e1017-e1034.