

# McLennan Wellness

## 21 Days to Cut Out Soda

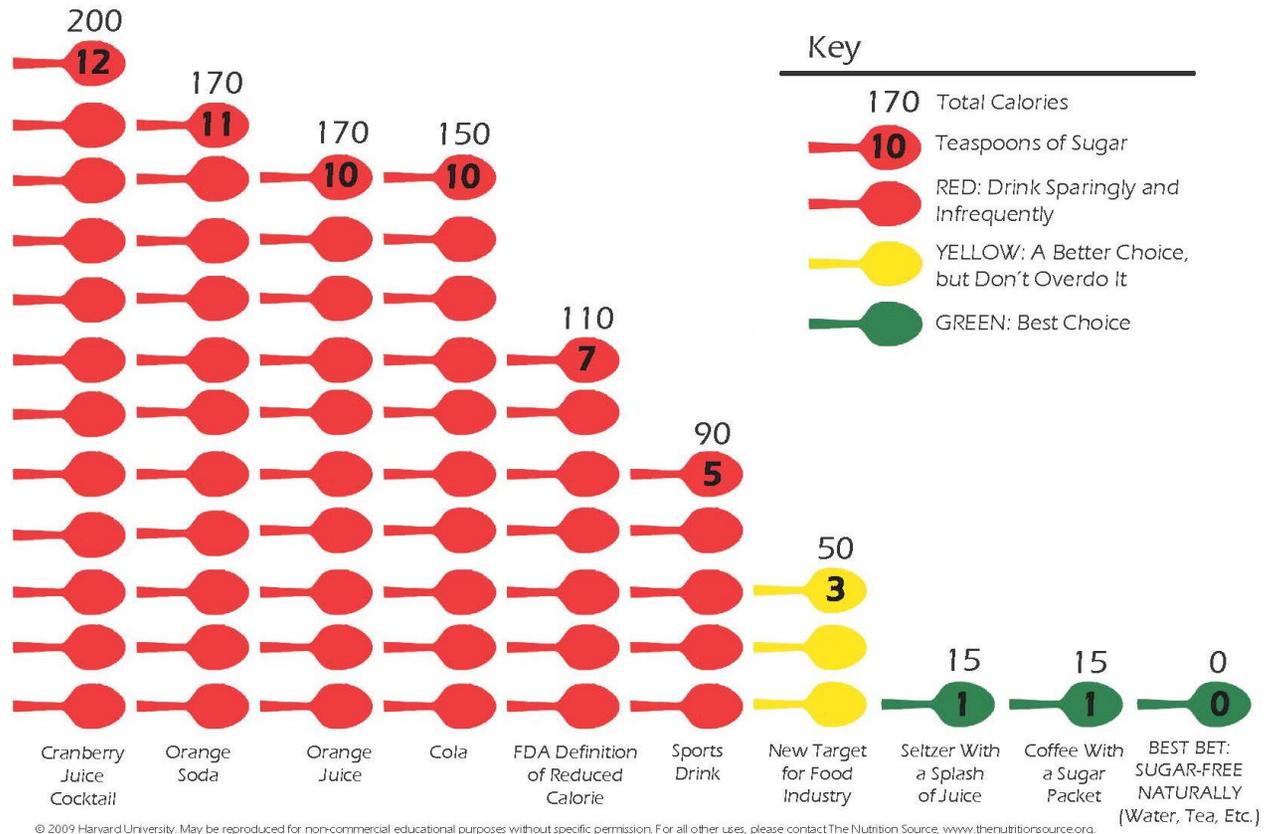
May 11<sup>th</sup> – 31<sup>st</sup>

When was the last time you had a soda (regular or diet)? What about your kids or significant other? Your colleague? According to a study done by the Centers for Disease Control and Prevention, nearly 1 in 5 Americans has at least 1 soda a day. Sodas and other sugar-sweetened beverages are typically high in calories and have little, if any, nutritional value. The American Heart Association recommends limiting the amount of added sugars you consume to no more than half of your daily discretionary calorie allowance. For most American women, this is no more than 100 calories per day and no more than 150 calories per day for men (or about 6 teaspoons per day for women and 9 teaspoons per day for men). Use the graphics to compare average calories and teaspoons of sugar in 12 ounce beverages from Harvard University and the AHA recommended limits for added sugar per day!



### How Sweet Is It?

Calories and Teaspoons of Sugar in 12 Ounces of Each Beverage  
 For more information, see The Nutrition Source, [www.hsph.harvard.edu/nutritionsource/healthy-drinks/](http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/)



Do you exceed the recommendations? Do those around you? Are you willing to make a change or inspire change? Sign up for the **McLennan Wellness 21 Days to Cut Out Soda**. Over the course of three weeks we will become aware of the role that soda (regular and diet) plays in our life or the lives of those around us, we will increase the amount of water we drink and begin to change our behaviors to live a healthier lifestyle. Even if you aren't a big soda drinker, you can increase the amount of water you drink daily and inspire those around you to pursue healthy living. This challenge is done on the "honor system". When you sign up you make a commitment to yourself to stick it out for 21 days. You will receive information, tips, motivation and support in your email inbox and from those around you who are willing to take the challenge.

Email [kbrian@mclennan.edu](mailto:kbrian@mclennan.edu) to sign up!