Too much sugar isn't sweet for your health.

A TYPICAL BOTTLE OF SODA CONTAINS:

- **65 g of sugar**
- **240 calories from sugar**
- **15 teaspoons of sugar**

Consuming too much sugar can be damaging to your teeth and liver in addition to putting yourself at risk for:

- **OBESITY**
- **DIABETES**
- **HEART DISEASE**
- **TYPES OF CANCER**

To reduce sugar intake, Hackensack University Medical Center has **ELIMINATED** all sugar sweetened beverages from the retail dining areas.

Hackensack University Medical Center encourages you to drink **MORE WATER**.