

Too much sugar isn't sweet for your health

A TYPICAL BOTTLE OF SODA CONTAINS

65 g 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**

240 calories from sugar



To reduce sugar intake Hackensack University Medical Center has **ELIMINATED**

ALL Sugar Sweetened Beverages

from the retail dining areas

15 teaspoons of sugar



Hackensack University Medical Center encourages

YOU to drink

MORE

WATER