

HEALTHY EATING AND SUGAR CONSUMPTION

Taking Control of Your Personal Health



What's in Your Drink?

The sugar breakdown of a 12oz beverage:



Water		0g
Sports Drink	■	22g
Soda	■ ■	35-47g
Energy Drink	■ ■	40-51g
Fruit Juice	■ ■	41-63g

Adults should only consume six teaspoons or **25 grams** of sugar per day.

Stay hydrated. Drink water.

Healthy Eating Strategies While On-Duty

- Have go-to healthy meal options at your favorite restaurants
- Try to eat your meal outside of your patrol car
- Keep healthy snacks on-hand such as low sugar granola bars, almonds, and fruit



THIS OR THAT



Sugary, high-calorie pastries



Whole grain and eggs



Greasy fast-food



Lean meat and veggies



Sugary or salty bagged snacks



High-protein and fiber

