

# Alcohol, Added Sugar, and Caffeine, Oh My!

Cravings, social gatherings, and life stresses often lead us to consume more alcohol, added sugar, and caffeine than experts advise.

How much is too much and what alternatives are out there?

## ALCOHOL RECOMMENDATIONS

women: 1 standard drink a day

men: 2 standard drinks a day

1 standard drink =



12 ounces



5 ounces



1.5 ounces

## OR SWAP FOR THESE

- water
- carbonated beverage
- sparkling water
- virgin cocktail
- kombucha



## ADDED SUGAR RECOMMENDATIONS

less than 10% of daily calories

~200 calories if following a 2000 calorie diet

(about 12 teaspoons or 48 grams)



## OR SWAP FOR THESE

- zero-calorie sugar substitutes
- naturally sweet foods like apples, bananas, sweet potatoes, or dates



## CAFFEINE RECOMMENDATIONS

300-400 milligrams a day

equal to 3-4 cups of coffee or 2 energy shots



## OR SWAP FOR THESE

- decaf coffee
- black tea
- green tea
- herbal tea
- mushroom coffee
- yerba mate



## Need more help?

These recommendations are made for the general public. If you are concerned or need help cutting back, talk to your doctor or a dietitian about your options.