DO YOU KNOW WHAT'S IN YOUR BEVERAGE?

The Sugar Breakdown of a 12oz Beverage[1]:

Water	0g
Sports Drink	22g
Soda	35-47g
Energy Drink	40-51g
100% Fruit Juice	41-63g

Adults should **only** consume

6 teaspoons or

25 grams of sugar

per day[2]...

STAY HYDRATED. DRINK WATER.

This project is supported by Grant No. 2012-DB-BX-K023 awarded by the Bureau of Justice Assistance. BJA is a component of the Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the SMART Office, and the Office for Victims of Crime. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

This resource was developed with the assistance of Rana Parker, MPH, RD, Dietitian for the Los Angeles Police Department.

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HEALTH WATCH STARTS HERE

Unusual hours in a squad car might make it difficult for officers to find the time to eat properly or identify nutritious options. Not only can healthy eating habits help officers stay alert and energized during shifts, but these habits can also increase overall health. Inside are healthy recommendations to choose while on duty and foods that should be avoided.

	Choose	Skip	Why
BREAKFAST	Whole grains, eggs, and fruit.	Empty calorie pastries.	Those who eat breakfast tend to eat healthier overall diets—ones that contains more nutrients and less fat.[3]
MAIN MEAL	Meals with lean meats or fish and plently of vegetables.	Fast foods that are full of calories and lack nutrients.	Eating a high-calorie, high-fat meal, increases the risk of heart attack for two hours.[4]
SNACK	Snacks with protein and fiber, which keep you satisfied longer.	Snacks that contain excess salt and sugar.	Those who consumed 25% or more of their daily calories as sugar were more than twice as likely to die from heart disease than those who consumed less than 10% of added sugar.[5]