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.

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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

CENTER FOR OFFICER SAFETY & WELLNESS
IACP

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]