



Count Your CUBES!

THE SUGARY DRINK CHALLENGE

Week 1

Make no changes in your drinking habits. Using our sugary drink chart, record the number of cubes you drink. At the end of the week, add up the total.



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Portion size counts. If you double the size of your drink, double your cubes.

Week 2-4

Make healthier beverage choices like water and reduce the number of sugar cubes you consumed in week 1.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Week 1								Week 1 Sugar Cube Total:
Week 2								Week 2 Sugar Cube Total:
Week 3								Week 3 Sugar Cube Total:
Week 4								Week 4 Sugar Cube Total:

BY TRACKING YOUR SUGARY DRINKS AND TAKING STEPS TO REDUCE THEM, YOU ARE HELPING KEEP YOUR TEETH HEALTHY, REDUCING YOUR RISK FOR DISEASES LIKE HEART DISEASE AND STROKE AND INCREASING OVERALL WELLNESS. HAVE FUN!

WHAT TYPES OF BEVERAGES DO YOU DRINK? HOW MANY?

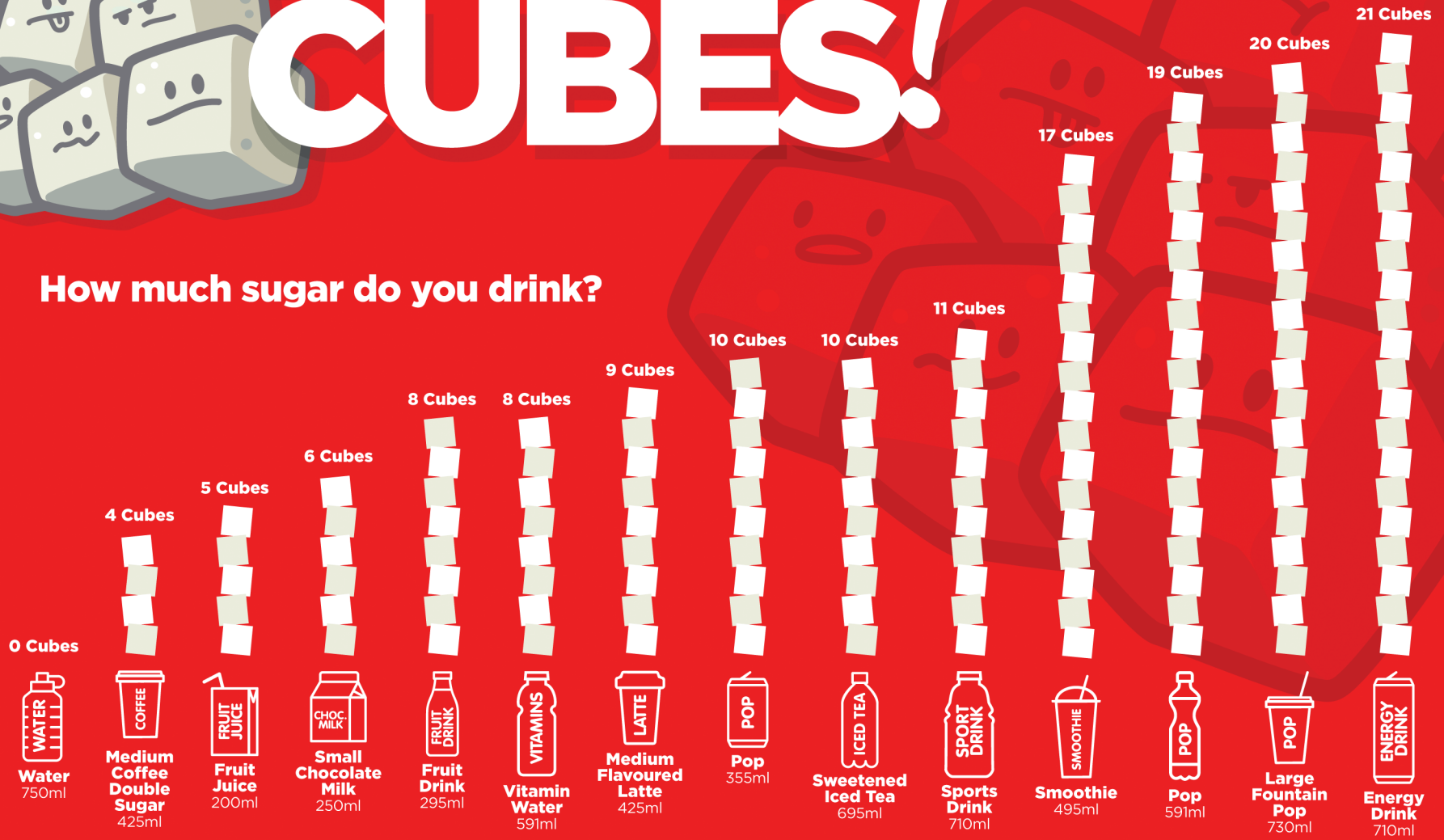


Heart & Stroke™



Count Your CUBES!

How much sugar do you drink?



© 2017 Heart and Stroke Foundation of Canada. *Note: Amount of sugar in drinks may vary depending on the brand and flavor.

Don't See Your Drink? Check the nutritional label!

4 grams of sugar = 1 cube