

DO YOU KNOW WHAT'S IN YOUR BEVERAGE?

The Sugar Breakdown of a 12oz Beverage¹:

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 day²...

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.

¹Harvard School of Public Health. "How Sweet is it?" Retrieved from <http://www.hsph.harvard.edu/nutritionsource/how-sweet-is-it/>.

²Jaslow, Ryan. (2013, March 5). World Health Organization lowers sugar intake recommendations. CBS News. Retrieved from <http://goo.gl/zmLdbp>.

³Zeratsky, Katherine. (2011, July 23). Why does eating a healthy breakfast help control weight? Mayo Clinic. Retrieved from <http://www.mayoclinic.org/healthy-living/weight-loss/expert-answers/food-and-nutrition/faq-20058449>.

⁴American Heart Association. (2000, November 21). Heavy Meals May Trigger Heart Attacks. Science Daily. Retrieved July 2, 2014 from <http://www.sciencedaily.com/releases/2000/11/001120072759.htm>.

⁵Corliss, Julie. (2014, February 6). Eating too much added sugar increases the risk of dying with heart disease. Harvard Heart Letter. Retrieved from <http://www.health.harvard.edu/blog/eating-too-much-added-sugar-increases-the-risk-of-dying-with-heart-disease-201402067021>.



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.



BREAKFAST

Choose



Whole grains, eggs, and fruit.

Skip



Empty calorie pastries.

Why

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 plenty 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