

Mexican Pumpkin Punch

Ingredients:

- 12 cup water
- 1 cup packed brown sugar substitute
- 4 cinnamon sticks
- 1 29-ounce can pure pumpkin
- 2 limes, zested
- Optional: Pineapple chunks and/or pecans

Nutrition Facts

Servings: 15

Amount per serving

Calories **35**

% Daily Value*

Total Fat 0.2g **0%**

Saturated Fat 0.1g **0%**

Cholesterol 0mg **0%**

Sodium 3mg **0%**

Total Carbohydrate 11.1g **4%**

Dietary Fiber 1.6g **6%**

Total Sugars 5.2g

Protein 0.6g

Directions:

1. Combine 12 cups water, the brown sugar and cinnamon sticks in a large pot and bring to a boil over medium-high heat, stirring until the sugar dissolves.
2. Stir in the pumpkin and return to a simmer. Meanwhile, remove the zest from the limes in wide strips using a vegetable peeler; add the zest to the pot and simmer 15 minutes.
3. Let cool, then refrigerate 2 to 3 hours.
4. Remove zest, and cinnamon stick before serving.
5. Pour the punch into ice-filled glasses. Add pineapple and/or pecans, if desired.

How Much Sugar Do You Drink?

> About half of people in the U.S. age 2 and older consume sugar drinks daily, reports the Centers for Disease Control and Prevention. Although you might think twice about eating two or three candy bars in one sitting, you could be drinking that much and not even realize it.

1.5-oz. milk chocolate bar = 6 tsp. of sugar

COMMON 20-OZ. CULPRITS



VANILLA LATTE



11 tsp. of sugar



SWEET TEA



11¹/₄ tsp. of sugar



SODA



16¹/₂ tsp. of sugar



FRUIT PUNCH



18¹/₂ tsp. of sugar



ENERGY DRINK



19 tsp. of sugar

HOW MUCH IS TOO MUCH?

Limit sugar to **5% of your daily caloric intake or 6¹/₄ teaspoons.**

Registered dietitian at the University of Utah **Julie Metos** suggests, "Wean yourself to one sugary drink per week, then one per month. Soon you will beat the habit."

THE [NON]-SUGAR-COATED TRUTH

Drinking **one 12-ounce can of soda daily** can result in gaining **15 pounds in a year.**



*ONE TEASPOON OF SUGAR EQUALS 4 GRAMS.

HEALTHY ALTERNATIVES

- » **Plain water not cutting it?** Add lemon, cucumber, watermelon or other fruit for flavor.
- » **Craving soda?** Opt for sparkling water.