

ReThink Your Drink

Did You Know?

- Americans consume almost 100 pounds of sugar a year.
- There are nearly 17 teaspoons of sugar in a regular 20-ounce cola.
- American teens drink almost twice as much soda and sweetened beverages as milk.
- Frequent consumption of sugar sweetened beverages may cause greater weight gain and increased risk of type 2 diabetes.
- To burn off the calories an average teen boy consumes in sugary drinks (240 calories from one 20-ounce regular cola), he would need to jog for thirty minutes or walk for more than one hour.

Take a look at approximately how much sugar is in these popular drinks:

					
Size	20 oz.	20 oz.	16 oz.	20 oz.	23.67 oz.
Calories	240	275	140	152	0
Teaspoons Of Sugar	17	19	8	9.5	0
Average Cost	\$1.49	\$1.49	\$2.29	\$1.49	\$0.50
					\$0.79

Choose Water First to Quench Your Thirst

Add a slice of orange, lemon, lime or cucumber to your water for zero calories and LOTS of flavor.

For dietary recommendations visit www.mypyramid.gov

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Goals of the ReThink Your Drink 8 Week Challenge:

- Increase awareness of added sweeteners in drinks
- Drink fewer sugary beverages
- Drink more healthy beverages like:
 - Water
 - Non-fat or Low-fat Milk
 - 100% Fruit or Vegetable Juice, in limited amounts

Return your Tracker to:

Your Name: _____
 Address: _____
 City: _____ Zip Code: _____
 Phone Number: _____

You can also return this Tracker & for more information:
Network for a Healthy California—Gold Coast Region
 2323 Knoll Drive, 3rd Floor • Ventura, CA 93004
www.goldcoastnetwork.org



Information based on materials originally developed by Alameda County Public Health Department and the Bay Area Nutrition & Physical Activity Collaborative and NorthCoast Nutrition and Fitness Collaborative (NNFC) with funding from USDA Supplemental Nutrition Assistance Program—USDA is an equal opportunity provider and employer. For food stamp information call 1-877-847-3663. Visit www.championsforchange.net for healthy tips. •California Department of Public Health.

ReTHINK your drink

Take The 8 Week Challenge!



How To Keep Track of Your Drink Choices:

1. Write the total number of servings (glasses, cans, or bottles) of healthy and other beverages you drink each day.
2. To get a weekly total, add up how many servings of both healthy and other drinks you had each day.
3. Compare your results each week with the goal of increasing the total amount of healthy drinks.
4. Celebrate your success as you choose to drink more healthy options each day!
5. Don't stop when the 8 Weeks are over! **ReThink Your Drink ... for Life!**

Healthy = Water
 Low-fat and Non-fat Milk
 100% Juice (Fruit or Vegetable)
Other = Soda
 Energy Drinks
 Sports Drinks
 Sweetened Tea
 Sweetened Coffee Drinks
 Fruit -flavored Drinks

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Total Drinks	
	Healthy	Other	Healthy	Other	Healthy	Other	Healthy	Other	Healthy	Other	Healthy	Other	Healthy	Other	Healthy	Other
Example	3	5	4	4	3	5	4	5	4	4	5	2	6	2	29	27
Week 1																
Week 2																
Week 3																
Week 4																
Week 5																
Week 6																
Week 7																
Week 8																