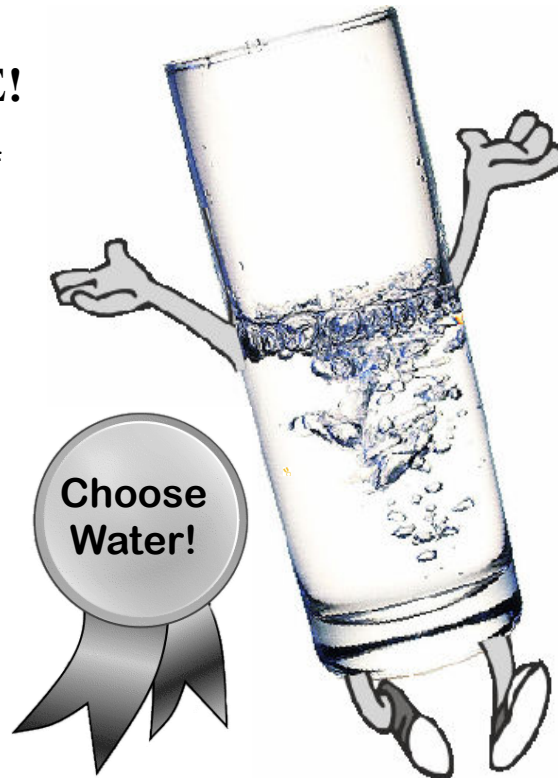


RE-THINK YOUR DRINK!

The average person eats almost 100 pounds of sugar a year-that's about a fourth of a pound of sugar a day! The single biggest dietary source of **ADDED** sugar is sugary drinks. Extra calories from all this sugar may lead to weight gain, which can increase risk for health problems such as type 2 diabetes and heart disease.

MAKE A HEALTHIER CHOICE!

- **WATER** has no calories! Add a slice of orange, lemon, lime or cucumber for great flavor!
- **NON-FAT OR 1% MILK**
- **100% FRUIT JUICE** (limit juice to ½ cup)
- **100% VEGETABLE JUICE** (limit juice to ½ cup)
- **UNSWEETENED ICED TEA**
- **DIET SODA** (once in a while)



DID YOU KNOW?







Regular soda is the **#1 SOURCE OF ADDED SUGAR** in the American diet.

30% of all calories from added sugars consumed daily are from sweetened beverages.

To burn off just one 20-ounce bottle of soda you would have to walk at a moderate speed for about **one hour!***

4 GRAMS OF SUGAR = 1 TEASPOON

See how much sugar is in these popular beverages and consider drinking water instead:

						
Soda	Orange Drink	Sweetened Fruit Drink	Big Pouch	Sports Drink	Water	
20oz.	16oz.	16oz.	11.25oz.	20oz.	8oz	
Calories	250	260	220	152	140	0
Grams of Sugar	68	60	52	38	36	0
Teaspoons of Sugar	17	15	13	9.5	9	0

WATER IS BEST!

ReTHINK
your
drink

GOLD COAST COLLABORATIVE
FOR NUTRITION AND FITNESS

San Luis Obispo ♦ Santa Barbara ♦ Ventura
www.goldcoastnetwork.org

*Calories burned per hour will be higher for persons who weigh more than 154 lbs (70kg) and lower for persons who weigh less. Source: Adapted from Dietary Guidelines for Americans 2005, page 16, Table 4.

Originally developed and Piloted by Contra Costa Health Services.
For food stamp information, call 877-847-3663.

Funded, in part, by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.



CHAMPIONS
for CHANGE
Network for a Healthy California