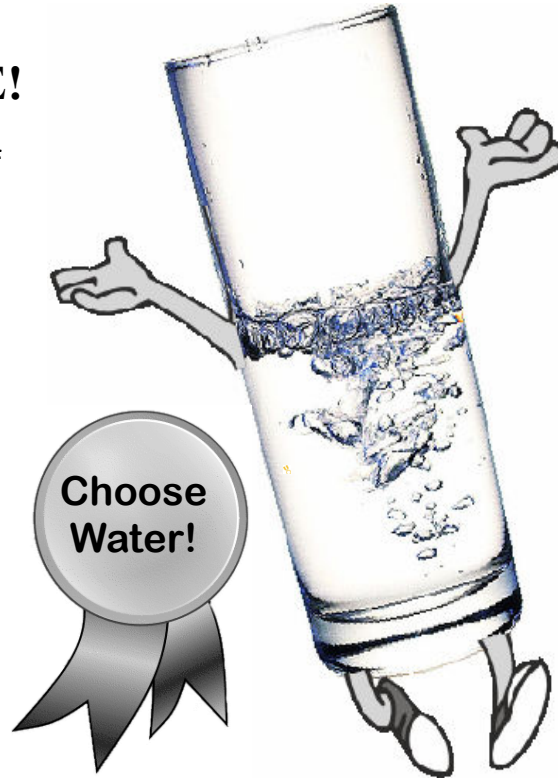


RE-THINK YOUR DRINK!

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?







Soda is the **#1 SOURCE OF SUGAR** in the American diet.

30% of all 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.	0
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!

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*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.

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