




Rethink Your Drink

Did You Know?

- The average person eats almost 100 pounds of added sugar a year – that’s about one quarter of a pound of added sugar a day!
- Soda is the #1 source of added sugar in the American diet.
- Over 30% of all calories from added sugars consumed daily are from sweetened beverages.
- Extra calories from all this sugar may lead to weight gain, putting people at risk for lifelong health problems such as diabetes and heart disease.
- 2 out of 3 Americans are overweight or obese.

Be Sugar Savvy!

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

	Soda	Orange Drink	Sweetened Tea Drink	Tamarindo	Big Pouch	Grass Jelly Drink	Sports Drink	Water
								
	20 oz.	16 oz.	20 oz.	13.5 oz.	11.25 oz.	11 oz.	20 oz.	
Calories	250	260	220	186	152	143	140	0
Teaspoons of Sugar	17	15	13	12	9.5	8.6	9	0

Challenge yourself to make a difference in your health. Commit to drinking:

- Water
- Unsweetened iced tea
- Non-fat or low-fat milk
- 100% fruit juice in limited amounts



Commit to drinking water or unsweetened beverages!

I, _____, will drink water instead of sugary drinks this month. (print your name)

Keep track of your healthy drink days! Check a box for every day that you drink water instead of sugary drinks.

WRITE IN THE DATES:	SUN	MON	TUE	WED	THU	FRI	SAT
Week:							
Week:							
Week:							
Week:							

Tips to Keep Kids Healthy!

- **Serve milk or water to young children. Even 100% fruit juice contains a kind of sugar called “fructose.” Doctors recommend young children drink no more than four to six ounces of 100% fruit juice per day.**
- **Prevent tooth decay. Don’t put soda and other sugary drinks in baby bottles or sippy cups.**
- **Make your own fruity, low-calorie “spa water” at home by adding strawberry or melon slices to a pitcher of water. Refrigerate until cold - kids will love it!**



Calculating How Much Sugar Is In A Container

Nutrition Facts

Serving Size 20 fl.oz (591ml)
Servings Per Container 1

Amount Per Serving

Calories 250

Total Fat 0g % Daily 0%

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 69g

Sugars 69g

Protein 0g

* Percent Daily Values are based on a 2,000 calorie diet

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron

Calculation:
Grams of Sugar ÷ 4 =
Teaspoons of Sugar

Example for a 20 oz. soda:
69 Grams ÷ 4 = 17 Teaspoons

Check the servings!
If the container has more than one serving, multiply the number of teaspoons by the number of servings to get the Total Teaspoons of sugar in the container.

For CalFresh information, call 1-877-847-3663.

Funded, in part, by USDA SNAP, an equal opportunity provider and employer.

Visit www.cachampionsforchange.net for healthy tips.

- California Department of Public Health.



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Make a Commitment to a Healthier You!

To get started, check one or more actions below.

_____ I pledge to choose water instead of sugary drinks.

_____ I pledge to keep my family healthy by reducing sugary drinks and foods at home.

_____ I pledge to help make my school, workplace or community a place with healthy beverage choices.

Name _____

Email _____



www.sodafreesummer.org

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