RETHINK 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

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

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Calories</th>
<th>Grams of Sugar</th>
<th>Teaspoons of Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Soda</strong> 20oz.</td>
<td>250</td>
<td>68</td>
<td>17</td>
</tr>
<tr>
<td><strong>Orange Drink</strong> 16oz.</td>
<td>260</td>
<td>60</td>
<td>15</td>
</tr>
<tr>
<td><strong>Sweetened Fruit Drink</strong> 16oz.</td>
<td>220</td>
<td>52</td>
<td>13</td>
</tr>
<tr>
<td><strong>Big Pouch</strong> 11.25oz.</td>
<td>152</td>
<td>38</td>
<td>9.5</td>
</tr>
<tr>
<td><strong>Sports Drink</strong> 20oz.</td>
<td>140</td>
<td>36</td>
<td>9</td>
</tr>
<tr>
<td><strong>Water</strong> 8oz</td>
<td></td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

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WATER IS BEST!

Information based on materials originally developed by Alameda County Public Health Department and the Bay Area Nutrition & Physical Activity Collaborative 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.cachampionsforchange.net for healthy tips. • California Department of Public Health.

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Note: Product formulations, as well as packaging and portion size, may change over time. As a result, ingredients, amounts listed and nutritional information may change. Teaspoons have been rounded to represent whole numbers. *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.