

# Be Soda Free!











## 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 leads 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.

## Re-Think Your Drink!

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.	16 oz.	13.5 oz.	11.25 oz.	11 oz.	20 oz.	
Calories	<b>250</b>	<b>260</b>	<b>220</b>	<b>186</b>	<b>152</b>	<b>143</b>	<b>140</b>	<b>0</b>
Teaspoons of Sugar	<b>17</b>	<b>15</b>	<b>13</b>	<b>12</b>	<b>9.5</b>	<b>8.6</b>	<b>9</b>	<b>0</b>

**Challenge yourself to make a difference in your health.**

Instead of soda, commit to drinking:

- Water
- Non-fat or low fat milk
- 100% fruit juice (limit to 4-6 oz daily)
- Unsweetened iced tea

**Re-THINK  
your  
drink**

