











# ReThink Your Drink

## Be Sugar Savvy!

### 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.

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. Commit to drinking:

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



[www.sodafreesummer.org](http://www.sodafreesummer.org)



Place in envelope and mail to:

**BANPAC**  
1400 Parkmoor Avenue, Suite 120B  
San Jose, CA 95126

Chronic Disease and Injury Prevention  
Public Health Department



## 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

<b>Total Fat</b> 0g	% Daily Value*
	0%

<b>Cholesterol</b> 0mg	0%
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<b>Sodium</b> 55mg	2%
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<b>Total Carbohydrate</b> 69g	
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Sugars 69g

<b>Protein</b> 0g	
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\* 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:

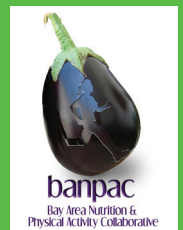
69 Grams ÷ 4 ≈ 17 Teaspoons

### 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](http://www.cachampionsforchange.net) for healthy tips. • California Department of Public Health.



## Make a Commitment to a Healthier You!

Check one or more actions below. Send in this card to be entered into a raffle for great prizes.

\_\_\_\_\_ 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 \_\_\_\_\_

Phone number \_\_\_\_\_ County you live in \_\_\_\_\_



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