

Soda Free Summer

Did you know that the average person eats almost 175 pounds of sugar a year? The single biggest source is sugary drinks. It's no wonder that two out of three Americans are overweight or obese—extra calories from all this sugar leads to weight gain, putting people at risk for lifelong health problems such as diabetes and heart disease.

Challenge your patients to commit to health this summer by having a Soda Free Summer

Give them a Soda Free Summer tracking log with a raffle entry for a \$300 healthy grocery shopping spree!

How You Can Support Soda Free Summer

1. Give your patients a brochure and discuss the health hazards of excessive sugar and calories in your diet
2. Illustrate the amount of sugar in a 20 oz soda by showing them the 1/3 cup of sugar in the baggie (76 grams)
3. Encourage your patients to commit to health this summer by avoiding sweetened drinks



CONTRA COSTA
HEALTH PLAN

A Division of Contra Costa Health Services

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