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Sugary Drinks



LET'S GO!

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NO SUGARY DRINKS!



Rethink Your Drink!

Sweetened drinks such as soda, fruit drinks and punch, sweetened ice tea, sports drinks, and energy drinks contain a lot of added sugar. The added sugar can be cane sugar, corn syrup, sucrose, fructose, honey and others. Too much sugar-sweetened drinks can lead to unhealthy problems. This includes unwanted weight gain and cavities.

Try to avoid sugar-sweetened drinks. Buy, serve and drink water and low fat milk instead. Low fat milk is nutritious and helps kids build strong teeth and bones. Water is the best drink when you're thirsty.

Tips for Your Family

- Be a role model – drink your water throughout the day.
- Serve water or low fat milk at meals. If it's around, they will drink it.
- Give everyone a water bottle to take to school or work and refill it often.
- Make sweetened drinks a treat rather than an everyday choice.
- Try to not keep sweetened drinks around the house. If it's around, they will drink it.
- Water is the best choice to rehydrate during and after physical activity.
- Avoid sports drinks except for high intensity activity for long periods.

The Scoop on Juice Drinks

Fruit drinks include POG, guava drinks, orangeades, and fruit punch. Some might have a bit of real juice but most have lots of added sugars and chemicals. The chemicals include fruit flavorings and artificial colors. 100% fruit juices are made from real fruits. A small amount of 100% fruit juice, about a half-cup a day, is okay for most children. But all juice drinks, including 100% juice, contain lots of sugar and calories. Think about serving water and actual fruits instead.

What's in a Can of Soda?

One can of soda has about 150 calories and 40 grams of sugar. This is equal to about 10 packets of sugar. Drinking an extra can of soda every day for a year, without burning it off through physical activity, will lead to 54,750 extra calories or about 15 pounds of weight gain each year.