

ReThink Your Drink

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 may lead 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.

Be Sugar Savvy!

Take a look at how much sugar is in these popular drinks:

	Soda	Orange Drink	Sweetened Tea Drink	Tamarindo	Big Pouch	Crass Jelly Drink	Sports Drink	Water
								
	20 oz.	16 oz.	20 oz.	13.5 oz.	11.25 oz.	11 oz.	20 oz.	
Calories	250	260	220	186	152	143	140	0
Teaspoons of Sugar	17	15	13	12	9.5	8.6	9	0

Challenge yourself to make a difference in your health. Commit to drinking:

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

ReTHINK
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Commit to drinking water or unsweetened beverages!

I, _____
will drink water instead of sugary drinks this month.
(print your name)

Keep track of your healthy drink days! Check a box for every day that you drink water instead of sugary drinks.

WRITE IN THE DATES:	SUN	MON	TUE	WED	THU	FRI	SAT
Week:							
Week:							
Week:							
Week:							

For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.

CLEARINGHOUSE
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