## Read the Label

To find out if a drink contains added sugar, look for these words on the label:

> High fructose corn syrun corn sweetener/Corn syrup **Dextrose** Fruit juice concentrates **Glucose** Honey **Invert sugar Molasses** Sucrose Cane syrup/Cane suga

#### **Nutrition Facts**

Serving Size 1 Can

**Amount Per Serving** 

Calories 140

% Daily Value\* Total Fat Og 0% 3% So hum 65mg Total Carb 38q 13%

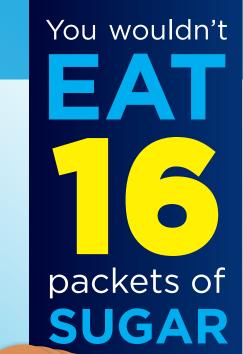
Sugars 38g

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Not a significant source of fat cal., sat. fat, trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.

\*Percent Daily Values (DV) are based on a 2.000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVORS, SODIUM CITRATE, SODIUM BENZOATE (TO PROTECT TASTE).





why would you **DRINK** them?





Choose water or milk

(1% or nonfat for those older than 2)



Stock the fridge with a jug of cold water and bottled water for those on-the-go



For a treat once in a while:

- · Add zest to your water by adding a fresh fruit slice or cucumber slices and fresh mint.
- Freeze 100 percent fruit juice in an ice cube tray, and then add one frozen cube to a glass of water.
- Add a small splash of 100 percent fruit juice to plain water.



Reduce the number and portion size of sugary drinks—drink only once in a while, 8 ounces or less

# More Information and Tips

For source information about sugar-sweetened beverages, healthy alternatives, tips, facts and more, or to order Rethink Your Drink materials, visit your state-specific Delta Dental website.

- Delta Dental of Michigan www.deltadentalmi.com/rethinkyourdrink
- · Delta Dental of Ohio www.deltadentaloh.com/rethinkyourdrink
- Delta Dental of Indiana www.deltadentalin.com/rethinkyourdrink



# RETHINK **DRINK**

Choose Water!





PA 8/18 (LIM)



# Let's Not Sugar-coat It!

# Check the Serving Size\*

# How Much Added Sugar is Too Much?

#### Sugary drinks are beverages with added sugar

- These drinks include pop, juice/fruit drinks, sweetened teas/coffees, flavored waters, chocolate milk, sports and energy drinks.
- A typical 20-ounce soda or juice/fruit drink contains 15-18 tsp. of sugar—as much as in three chocolate candy bars!

#### Sugary drinks are bad for your teeth

• Drinking pop nearly doubles the risk of cavities in children. Further, the sugar in sugary drinks feeds the bacteria that produces acid, which attacks and dissolves tooth enamel.

#### Sugary drinks increase the chance of becoming overweight or obese

- Drinking an 8-ounce sugary drinks each day for a year is equal to 55,000 calories, or 15 pounds a year.
- Drinking one 12-ounce can of pop each day increases a child's chances of becoming obese by 60 percent.

#### Sugary drinks increase the risk of developing type 2 diabetes

• People who drink one or two cans of pop a day have a 26 percent greater risk of developing type 2 diabetes.

## Limit juice—EAT your fruit!

Despite having more nutrients and containing only natural (not added) sugar, IOO percent fruit juice typically contains as much sugar and calories as pop.













20-ounce Citrus Soda

19 tsp. (77g)290 calories

12-ounce Cola

10 tsp.

(39q)

140 calories



20-ounce Sports Drink 8 tsp.

(34g)

130 calories



6.75-ounce Apple Juice 6 tsp.

(24q)

101 calories



8.3-ounce Energy Drink 7 tsp.

(27q)

110 calories

6-ounce Juice Pouch

5 tsp.

(20g)

80 calories

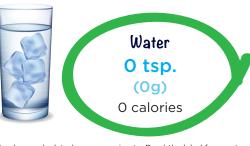


14-ounce Chocolate Milk 11 tsp.

(45g)

281 calories





<sup>\*</sup> Numbers calculated are approximate. Read the label for most current nutrition facts, as formulations and sizes may change.

#### Here are the recommended daily limits:



Newborns and Infants

> 0 tsp. (0g)



Toddlers and Preschoolers

4 tsp. (16g)



Children Ages 4-8 3 tsp.

(12g)

Teenagers 5-8 tsp. (20 - 32q)

Dre-teens and



Adult Women 6 tsp. (24g)



Adult Men 9 tsp. (36g)

Four grams of sugar is equal to one teaspoon!



Please note: All of these numbers are guidelines and based on