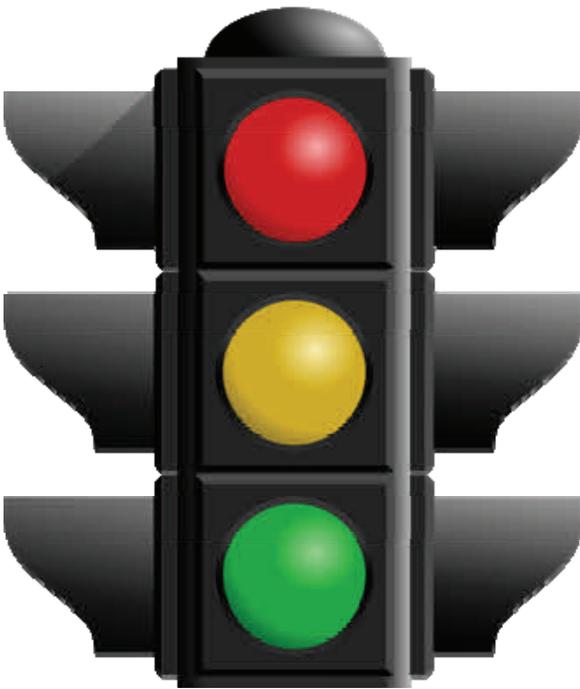


# LIMIT SUGARY DRINKS IN YOUR HOME!

- ✓ Rev Your Bev aims to promote healthy lifestyles by choosing healthy alternatives to sugary drinks.
- ✓ The most common health problems related to sugary drinks include: dental cavities, obesity, weight gain, diabetes, and heart problems.
- ✓ It is important to limit the amount of sugary drinks each day or to avoid altogether to prevent future health problems.
- ✓ Choosing healthy alternatives instead of sugary drinks in your home will set healthy examples for your children, family & friends.



## TYPES OF SUGAR IN DRINKS



### **STOP:** PROCESSED SUGARS, Drink Rarely

Drinks that contain Processed Sugars are added to drinks as a sweetener. These cause weight gain & bad health problems. They should be limited & considered the most harmful with daily drinking.

*Ex: Sodas, Fruit Punch, Sports Drinks, Energy Drinks*

### **SLOW:** SUGAR SUBSTITUTES, Drink Sometimes

Drinks that contain Sugar Substitutes (NutraSweet, Stevia, Splenda) or labeled as low-calorie should be consumed less often. Their health effects of these artificially sweetened drinks are not fully known.

*Ex: Diet Sodas, Drinks Labeled: Low Calorie, Sugar Free*

### **GO:** NATURAL SUGARS, Drink Often

Drinks that contain Natural Sugars are drinks that have sugar that is naturally occurring, meaning no sugar is added. These drinks are healthy alternatives to processed sugars or sugar substitutes. Water is the best choice, it contains no sugar! *EX: 100% Fruit Juice, 1% or Low-fat Milk, Water*



# READ DRINK LABELS, CHECK SUGAR

The American Heart Association (AHA) recommends to limit added sugar (sugar added to food & drink) to no more than:

MEN	38 g per day	about 9 sugar packets
WOMEN	25 g per day	about 6 sugar packets
CHILDREN	12-25 g per day (depending on age)	about 3 to 6 sugar packets

Nutrition Facts	
Serving Size 1 can (12oz)	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 39g	13%
Dietary Fiber 0g	0%
<b>Sugars 39g</b>	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

- ✓ Many sugar-sweetened beverages contain more than the AHA recommended daily intake of sugar
- ✓ Look for **SUGARS** in grams below **TOTAL CARBOHYDRATE**
- ✓ Larger container = More sugar = More calories
- ✓ Drinking sugar-sweetened beverages every day adds weight to your body, and can add up to 15 lbs. in a year
- ✓ One can of soda contains the same amount of sugar as three slices of pie or 10 cookies
- ✓ Sugar-sweetened beverages are the largest source of calories in the American diet

## HEALTHY LIVING BY LIMIT SUGAR-SWEETENED DRINKS

- ✓ How much exercise is actually needed to burn off sugar from drinks?
  - 12 oz. can of soda (39 grams sugar) = Jumping Jacks for 20 minutes
  - 20 oz. fruit punch (73 grams sugar) = Running for 40 minutes
- ✓ Healthiest Alternatives to sugary drinks: **Water**, **Milk** (1% or skim), & **100% Fruit Juice** (8-12 ounces per day). Buy & serve these healthy alternatives. Water is the best choice! It has **0** grams of sugar.
- ✓ Keep juice portions small. The American Academy of Pediatrics recommends no more than 4-6 ounces of 100% juice per day for children ages 1-6, & 8-12 ounces per day for older children.
- ✓ For better tasting water & more fun for you & your child, try adding fresh and/or frozen fruits to add flavor & natural sugars. See CINCH's Recipe Cards.

**Take the #RevYourBev757 Pledge & Limit Sugary Drinks in Your Home!**



**For More Information: [www.cinchcoalition.org](http://www.cinchcoalition.org)**