

RETHINK YOUR DRINK

Choose Water!



 **DELTA DENTAL[®]**

Let's Not Sugar-coat It!

Sugar-sweetened beverages (SSBs) are beverages with added sugar

- These drinks include soda 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!

SSBs are bad for your teeth

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

SSBs increase the chance of becoming overweight or obese

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

SSBs increase the risk of developing type 2 diabetes

- People who drink one or two cans of soda 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, 100 percent fruit juice typically contains as much sugar and calories as soda pop.



You wouldn't

EAT

17

packets of

SUGAR



why would you
DRINK them?

Read the Label

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



Nutrition Facts

Serving Size 1 Can

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 0g 0%

Sodium 65mg 3%

Total Carb 38g 13%

Sugars 38g

Protein 0g

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).

Check the **Serving Size***



20-ounce Citrus Soda

19 tsp.
(77g)

290 calories



20-ounce Sports Drink

8 tsp.
(34g)

130 calories



12-ounce Cola

10 tsp.
(39g)

140 calories



6.75-ounce Apple Juice

6 tsp.
(24g)

101 calories



8.3-ounce Energy Drink

7 tsp.
(27g)

110 calories



14-ounce Chocolate Milk

11 tsp.
(45g)

281 calories



6-ounce Juice Pouch

5 tsp.
(20g)

80 calories



Water

0 tsp.
(0g)

0 calories

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

Four grams of sugar is
equal to one teaspoon!



How Much **Added Sugar** is Too Much?

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)



**Pre-teens and
Teenagers**

5-8 tsp.
(20-32g)



Adult Women

6 tsp.
(24g)



Adult Men

9 tsp.
(36g)

Please note: All of these numbers are guidelines and based on averages and are not tailored to individual health needs. Please contact your physician for guidance about how consumption of added sugar may affect you, particularly if you or a family member have any pre-existing health conditions.

Sip Tips



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 SSBs—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



Delta Dental of Michigan, Ohio, and Indiana