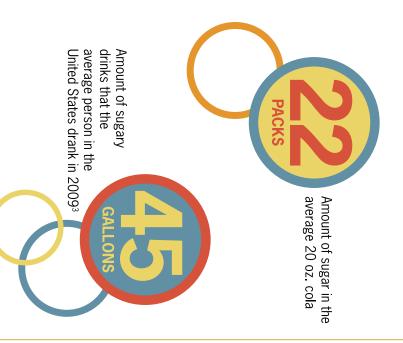


Extra calories from the added sugar may lead to obesity, type 2 diabetes and heart disease. 1,2





BY THE NUMBERS





their risk for obesity by Each sugary drink a child has each day increases

WHY ARE YOU DRINKING THEM? YOU WOULDN'T EAT 22 PACKS OF SUGAR

Extra calories from the added sugar may lead to obesity, type 2 diabetes and heart disease. 1,2

| SUGAR |
|----------------|
| Z |
| POPULAR |
| SUGARY |
| DRINKS* |
| |

CONTAINER SIZE

CALORIES

OF SUGAR **PACKETS**

WALKING TIME TO BURN OFF THE DRINK * *

DRINKS

| | | | | (Walking at 3.5mph) |
|---------------------|-----------------|-----|----|---------------------|
| Fruit Drink | 20 oz. bottle | 305 | 23 | 66 minutes |
| Cola | 20 oz. bottle | 242 | 22 | 52 minutes |
| Energy Drink | 16 oz. can | 240 | 20 | 52 minutes |
| Sweetened Tea | 20 oz. can | 213 | 19 | 45 minutes |
| Fruit Flavored Soda | 12.5 oz. bottle | 165 | 15 | 36 minutes |
| Sports Drink | 20 oz. bottle | 125 | 12 | 27 minutes |
| Vitamin-Added Water | 20 oz. bottle | 125 | 11 | 27 minutes |
| Water | 20 oz. bottle | 0 | 0 | 0 minutes |

WHAT YOU CAN DO

- Drink water when thirsty.
- non-fat milk for your family Choose water and unflavored low-fat 1% 2
- keep in your home. Limit the amount of sugary drinks you serve or
- Keep a pitcher of water in the refrigerator.
- while you work or run errands Bring a refillable container of water with you
- drinking water. Be a role model for family and friends by
- limit sugary drinks and offer healthier beverages. Ask your school, community, and work place to

^{*}Calculations based on 3 gram sugar packets.

**United States Department of Health and Human Services, U.S. Department of Agriculture, Dietary Guidelines for Americans, 2005, Table 4. Calories/Hour Expended in Common Physical Activities. http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm. Accessed May 15, 2012.

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