

# 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:



Sugar  
High fructose corn syrup  
Corn sweetener/Corn syrup  
Dextrose  
Fruit juice concentrates  
Glucose  
Honey  
Invert sugar  
Molasses  
Sucrose  
Cane syrup/Cane sugar

## 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.



## **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**



## **Add zest to your water with fresh fruit slices such as lemon or lime**



## **Add a splash of 100 percent fruit juice to plain water**



## **Freeze 100 percent fruit juice in an ice cube tray, and then add one frozen cube to a glass of 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](http://www.deltadentalmi.com/rethinkyourdrink)
- **Delta Dental of Ohio**  
[www.deltadentaloh.com/rethinkyourdrink](http://www.deltadentaloh.com/rethinkyourdrink)
- **Delta Dental of Indiana**  
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