



A major source of added sugar in American diets is from soda, energy drinks and sports drinks. It is important to choose water over sugary drinks for our health. Sugary drinks have nothing nutritious in them and can cause cavities, heart disease, type 2 diabetes and weight gain. Soda, fruit juice, sweet tea, sports drinks, energy drinks, milkshakes and coolattas are some examples of drinks with a lot of sugar in them.

Water 16 oz.	0 teaspoons of sugar
Low fat milk 8 oz.	3 teaspoons of sugar
Orange juice 100% 8 oz.	5 teaspoons of sugar
Gatorade 20 oz.	8 teaspoons of sugar
Snapple 16 oz.	9 teaspoons of sugar
Coke can 12 oz.	9 teaspoons of sugar
Orange soda can 12 oz.	11 teaspoons of sugar
Monster Energy Drink 16 oz.	16 teaspoons of sugar
Coke bottle 16 oz.	16 teaspoons of sugar
Coolatta 24 oz.	22 teaspoons of sugar



1 teaspoon of sugar = 1 sugar cube = 1 sugar packet = 4 grams of sugar



The best thing to drink is water! It is essential for your body. It helps to control body temperature, keeps you hydrated and transports things in your body. You can use a reusable water bottle and add fruit slices to flavor it naturally. Did you know kids should drink at least 5 glasses of water a day?

Kids should have 2 to 3 cups of low fat milk a day with meals. Milk contains important nutrients such as calcium, vitamin D and potassium. Calcium helps to build strong bones and teeth.

Kids should have no more than 4 to 6 ounces of 100% juice a day. Even though juice has nutrients in it, it also has a lot of sugar in it and can cause tooth decay.

Sports drinks such as Gatorade and Powerade can cause weight gain and tooth decay. They can damage tooth enamel even more than soda can. For most physical activities, drinking water before, during and after playing sports will keep you hydrated.

Soda has no nutrients and is high in calories and sugar. Soda takes calcium out of your bones and makes them weaker. Diet soda is not good either since it has no nutrition, causes tooth decay and has artificial sweeteners which can cause headaches. Caffeine can make you feel more energetic, but also cause jitters, nervousness, upset stomach, headaches, difficulty concentrating, trouble sleeping and faster heart rate.

We often don't feel thirsty when our bodies need fluid, so it is a good idea to drink water regularly throughout the day. For a quick, easy and inexpensive thirst-quencher, carry a water bottle and refill it during the day. I want to encourage everyone to **Rethink Your Drink** and make healthier drink choices every day!

Remember,

Rethink your Drink, Choose Water!