



# Rethink Your Drinks

An educational service from your school cafeteria and the Clinton County Health Department Nutrition Services - June, 2005

## Over consumption of sugar sweetened drinks turns out to be "not so sweet" after all ...



Children and teenagers consume **too** many soft drinks

- Consumption of too many high calorie sweetened beverages may be related to the epidemic of obesity.
- Children and teenagers now drink more soda and sweetened fruit drinks than milk.
- A typical teen drinks about two 12 ounce cans of soft drinks per day, this is equal to 300 kcal & 20 tsp of sugar.
- American children and adults consume nearly 1/3 of their daily energy (calories) from energy dense and nutrient poor beverages such as sodas and sweetened fruit drinks.



## What beverages are the culprits?

Soft drinks, sports drinks, fruit drinks (not 100% fruit juice), Snapple®, Fruitopia® and any other drink that has sugar added to it in addition to naturally occurring sugars (check the food label)

## What's the Big Deal?

- Replacing milk with soda and other sweetened beverages can lead to decreased levels of protein, calcium, zinc, and vitamins A and C
- Milk is a nutrient dense food, elimination of milk from the diet can cause future health problems such as osteoporosis and bone fractures
- 2005 Dietary Guidelines for Americans recommend a limit of 10% of daily calories from added sugar
- Sweetened soft drinks amount to 40% of all added sugars in a child's diet, with the addition of fruit drinks this jumps to more than 50%

## Healthier choices



- Low-fat milk (fat free or 1%)
- 100% fruit and vegetable juices
- If you must drink soda, try switching to diet soda (0 sugar, 0 calories)

- Flavored water or plain water
- Mix seltzer water with your favorite 100% fruit juice



## Portion Control

8 oz for milk/soda  
6 oz for juice

Read labels for added sugar

**CRUSH  
YOUR  
SODA  
HABIT**

