

# Put the soda back

Before you get a Heart Attack



- Women who have one sweetened drink a day (like sodas and fruit drinks) may have a **23% higher risk of heart attack**

(Am. J. Clin. Nutr. 89: 1037, 2009)

Would you eat 12 cookies with lunch?

- When you drink a can of Coke, you consume **39 grams of sugar**, the same amount of sugar in 12 Chips Ahoy cookies!  
(www.sugarstacks.com)



## Sodas can make kids obese

- Each serving of soda or fruit juice given to a child per day increases a child's chance of becoming overweight by 60%  
(Harvard School of Public Health)

Pick up a healthy,  
refreshing drink instead!



Bronx Health REACH works with faith-based organizations on nutrition, fitness and eliminating health disparities. For more information contact Carlos Devia by calling 212-633-0800 ext 1338 or emailing [cdevia@institute2000.org](mailto:cdevia@institute2000.org)



Making Health Equality a Reality

# What You Drink Matters More Than You Think!

Choosing healthy refreshing drinks like...

## Water can:



- ✓ **Help you lose weight**  
Without any dieting!
- ✓ **Reduce hunger**  
Thirst can feel like hunger
- ✓ **Make you look younger**  
Hydrating your skin removes wrinkles!

(Journal of Obesity,  
16: 2481-2488, 2008)



Learn more ...

*"But whosoever drinketh of the water that I shall give him shall never thirst."*  
(John 4:14)

# TRADE

 Fatty Empty Calories for  
 Healthy & Delicious Drinks



Sugary Drinks



100% Juice Box

One box of 100% Juice gives you part of a day's important natural nutrients



Sodas



Seltzer + 100% Juice

Seltzer water with 100% juice is delicious and even carbonated!



Fruit Juice Drinks



100% Fruit Juice

Pick 100% Fruit Juice over an unhealthy Fruit 'Juice Drink' for best value



Whole or 2% Milk







1% or Skim Milk




1% and skim milk have as much calcium as whole or 2% milk, with less fat!

# Juice Guide

## What's Wrong with Fruit 'Juice Drinks'?

-  Only a small amount is actually from fruit
-  Has fewer nutrients than 100% Juice
-  Has a large number of empty calories
-  Most of the drink is added sugar, NOT juice

## Why is '100% Juice' Better?

-  All of the juice comes from fruit
-  *Better value!* Gives you more nutrients for your money
-  Has natural fruit sugars (not added sugars) that are less likely to become fat

(www.usda.gov)

## How much Juice is OK?

100% Juice is healthy, but remember — **it still has calories!**



- Kids from 1 to 6 years old should only have 1 serving of juice a day
- Anyone older should only have 2-3 servings of juice a day

(www.usda.gov)

## Smart and Healthy

Juice is only healthy if it says '100% Juice' on the label. If the label says has the word 'Drink' on it, be smart: **DON'T** drink it!

