



0 SUGAR SWEETENED BEVERAGES



JUST THE FACTS

Did you know that 1 can of soda has about 150 calories and 40 grams of sugar. This is equal to about 10 packets of sugar. Drinking an extra can of soda every day for a year, without burning it off through physical activity, will lead to 54,750 extra calories or about 15 pounds of weight gain each year.

RETHINK YOUR DRINK!

Let's all work together to make water or milk the first choice before loading up on unnecessary added sugar and calories. Here are some great ways to encourage kids to consume less sugar-sweetened beverages:



Be a role model--drink water throughout the day



Serve water or low-fat milk at meal time



Make sugary drinks a treat rather than an every day option



Try not to keep sugar-sweetened beverages around the house—if it isn't there, it won't be easy to grab



Save money and the environment by purchasing a reusable water bottle for everyone in the family



Add a fresh orange, cucumber, or other fruit to water to add a refreshing flavor



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