

Rethink Your Drink

It's easy to make a healthy choice.

Just know the colors:



- Most sugary drinks lack any nutritional value and contain only empty calories.
- It takes the average adult more than 45 minutes of jogging to burn off the 240 calories in a 20-ounce soda with sugar.
- Sugar sweetened beverages are the single largest source of added sugars in the American diet.
- One 20 oz Cola contains 16 teaspoons of sugar.
- Most adults (2 out of 3) in Nebraska are either overweight or obese.
- Obesity in Nebraska costs \$750 Million annually in medical costs
- Swapping water for soda or other sugar-sweetened beverages is a recognized obesity prevention strategy.

 **Maybe not.**

 **Ok sometimes.**

 **Go for it!**

| (Contains 50% Juice) | |
|--|------------------------|
| Nutrition Facts | |
| Serving Size 8fl oz | |
| Serving Per Container 2 | |
| Calories 70 | |
| Calories from Fat 0 | |
| Amount Per Serving: | % Daily Values* |
| Total Fat 0g | 0% |
| Sodium 00mg | 3% |
| Potassium 140mg | 4% |
| Total Carbohydrate 16g | 5% |
| Sugars 16g | |
| Protein 0g | |
| Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium or iron. | |
| Percent Daily Values (DV) are based on a 2000 calorie diet. | |
| INGREDIENTS: Filtered Water, Cranberry Juice from Concentrate, Apple Juice from Concentrate, Grape Juice from Concentrate, Natural Flavors, Sodium Citrate, Pectin, Acesulfame Potassium, Sucralose | |
| Artificial Sweetener ← | Added Sugar ← |

Serving size: Check the nutrition facts label to find the number of servings per container. Multiply this number to calories or grams of sugars to find the total calories and total sugar per container.

Example above: 2 servings per container

Calories: This is a number that describes the amount of energy you get from one serving of that product. Again, note serving size or servings per container.

Example above: 2 x 70 calories = 140 calories per container

Sugar: This is the amount of sugar contained in a single serving of this product. Roughly 4 grams of sugar equals 1 teaspoon of sugar (4g=1 tsp).

Example above: 2 x 16g sugar = 32g of sugar / 4 = 8 tsp of sugar per container.

% Juice: This is a number that displays how much of this product is actual expressed juice from fruit versus other added ingredients or flavors. Look for 100% juice.

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Red Beverages

Red beverages contain high amounts of added sugar and contain many “empty” calories with little or no nutrients. Calories from red beverages can add up and increase the risk of overweight and obesity. Milk is a recognized nutrient-rich beverage. However, whole milk is high in saturated fat and flavored milk has a significant amount of added sugar. Red beverages should be reduced or eliminated.

- Regular sodas
- Energy drinks
- Sports drinks
- Sugar sweetened coffee or tea drinks
- Juice drinks with added sugar
- Unflavored whole milk
- Flavored milk (Whole, 2%, or 1%)
- 100% Juice (>8 ounces portions)

 **Maybe not.**

**Sports drinks may be necessary for rehydration during high-intensity exertion such as marathon running or strenuous exercise outdoors on high heat index days (ex: summer soccer or football), but are unnecessary for general consumption.*

Yellow Beverages

Yellow beverages are reduced or no calorie beverages that often contain artificial sweeteners and sometimes added sugars. Diet and “light” drinks that are artificially flavored can be substitutes for red beverages. However, they still contribute a “sweet” flavor, which may lead a preference of sweets. While 100% juice provides nutritional benefits, serving sizes should be limited to 8 ounces or less as larger portions can contribute significant extra calories. Yellow beverages can be consumed occasionally.

- Diet sodas*
- Diet iced teas*
- Low calorie or low sugar drinks**
- 100% Juice (≤ 8 ounces portions)
- Low-calorie sports drinks**
- 2% Unflavored milk
- Skim flavored milk (≤ 8 ounce)

 **Ok sometimes.**

**No Calorie Beverages: Limit 20 oz portion*

***Low Calorie Beverages: Limit 12 oz portion*

Green Beverages

Green beverages are the healthiest, go-to-beverages. They do not contain any added sugar or artificial sweeteners and therefore do not contribute extra calories. Water, 1% and skim unflavored milk, and unsweetened coffee and tea are placed in the “green” category. Green beverages should be consumed daily.

- Water is the best choice!
- Seltzer or mineral water
- 1% or skim unflavored milk
- Unsweetened coffee or tea

 **Go for it!**

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