Read the Label

To find out if a drink contains added sugar, look for these words on the label:

Sugar
High fructose corn syrup
Corn sweetener/ Corn syrup
Dextrose
Fruct fruit juice concentrates
Glucose
Honey
Invert sugar
Molasses
Sucrose
Corn syrup/ Cane sugar

Nutrition Facts
Serving Size 1 Can

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 140</td>
<td></td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 65mg</td>
<td>3%</td>
</tr>
<tr>
<td>Total Carbohydrate 38g</td>
<td>13%</td>
</tr>
<tr>
<td>Sugars 38g</td>
<td></td>
</tr>
<tr>
<td>Protein 0g</td>
<td></td>
</tr>
</tbody>
</table>

Not a significant source of fat cal., sat. fat, trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVORS, SODIUM CITRATE, SODIUM BENZOATE (TO PROTECT TASTE).

Choose the Label

Choose water or milk
(1% or nonfat for those older than 2)

Stock the fridge with a jug of cold water and bottled water for those on-the-go

For a treat once in a while:
• Add zest to your water by adding a fresh fruit slice or cucumber slices and fresh mint.
• Freeze 100 percent fruit juice in an ice cube tray, and then add one frozen cube to a glass of water.
• Add a small splash of 100 percent fruit juice to plain water.

Reduce the number and portion size of sugary drinks—drink only once in a while, 8 ounces or less

Choose Water!

More Information and Tips

For source information about sugar-sweetened beverages, healthy alternatives, tips, facts and more, visit: www.deltadentalar.com.

Why would you DRINK them?

Sip Tips

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Let’s Not Sugar-coat It!

Sugary drinks are beverages with added sugar

- These drinks include pop, juice/fruit drinks, sweetened teas/coffees, flavored waters, chocolate milk, sports and energy drinks.
- A typical 20-ounce soda or juice/fruit drink contains 15–18 tsp. of sugar—as much as in three chocolate candy bars!

Sugary drinks are bad for your teeth

- Drinking pop nearly doubles the risk of cavities in children. Further, the sugar in sugary drinks feeds the bacteria that produces acid, which attacks and dissolves tooth enamel.

Sugary drinks increase the chance of becoming overweight or obese

- Drinking an 8-ounce sugary drinks each day for a year is equal to 35,000 calories, or 15 pounds a year.
- Drinking one 12-ounce can of pop each day increases a child’s chances of becoming obese by 60 percent.

Sugary drinks increase the risk of developing type 2 diabetes

- People who drink one or two cans of pop a day have a 26 percent greater risk of developing type 2 diabetes.

Check the Serving Size*

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-ounce Cola</td>
<td>10 tsp. (39g)</td>
<td>140 calories</td>
</tr>
<tr>
<td>19 tsp. (77g)</td>
<td>290 calories</td>
<td></td>
</tr>
<tr>
<td>8.3-ounce Energy Drink</td>
<td>7 tsp. (27g)</td>
<td>110 calories</td>
</tr>
<tr>
<td>14-ounce Chocolate Milk</td>
<td>11 tsp. (45g)</td>
<td>281 calories</td>
</tr>
<tr>
<td>6-ounce Juice Pouch</td>
<td>5 tsp. (20g)</td>
<td>80 calories</td>
</tr>
<tr>
<td>20-ounce Cola</td>
<td>10 tsp. (39g)</td>
<td>140 calories</td>
</tr>
<tr>
<td>20-ounce Sports Drink</td>
<td>8 tsp. (34g)</td>
<td>130 calories</td>
</tr>
<tr>
<td>6.75-ounce Apple Juice</td>
<td>6 tsp. (24g)</td>
<td>101 calories</td>
</tr>
<tr>
<td>20-ounce Sports Drink</td>
<td>8 tsp. (34g)</td>
<td>130 calories</td>
</tr>
<tr>
<td>6-ounce Juice Pouch</td>
<td>5 tsp. (20g)</td>
<td>80 calories</td>
</tr>
<tr>
<td>Water</td>
<td>0 tsp. (0g)</td>
<td>0 calories</td>
</tr>
</tbody>
</table>

How Much Added Sugar is Too Much?

Here are the recommended daily limits:

- Children Ages 4–8: 3 tsp. (12g)
- Prep-teens and Teenagers: 5–8 tsp. (20–32g)
- Toddlers and Preschoolers: 4 tsp. (16g)
- Newborns and Infants: 0 tsp. (0g)
- Adult Women: 6 tsp. (24g)
- Adult Men: 9 tsp. (36g)

Limit juice—EAT your fruit!

Despite having more nutrients and containing only natural (not added) sugar, 100 percent fruit juice typically contains as much sugar and calories as pop.

Four grams of sugar is equal to one teaspoon!

* Numbers calculated are approximate. Read the label for most current nutrition facts, as formulations and sizes may change.

Please note: All of these numbers are guidelines and based on averages and are not tailored to individual health needs. Please contact your physician for guidance about how consumption of added sugar may affect you, particularly if you or a family member have any pre-existing health conditions.