

# RETHINK YOUR DRINK

SUGARY DRINKS ARE THE LEADING SOURCE OF ADDED SUGARS IN THE AMERICAN DIET. THESE SWEETENED LIQUIDS INCLUDE REGULAR SODA, FRUIT DRINKS, SPORTS DRINKS, ENERGY DRINKS, AND SWEETENED WATERS. THE NEXT TIME YOU GO GROCERY SHOPPING, READ THE NUTRITION LABELS ON THE ITEMS IN YOUR CART TO SEE WHICH ONES HAVE THE MOST ADDED SUGARS. YOU MAY BE SURPRISED TO SEE THE AMOUNT OF ADDED SUGARS IN SOME DRINKS.

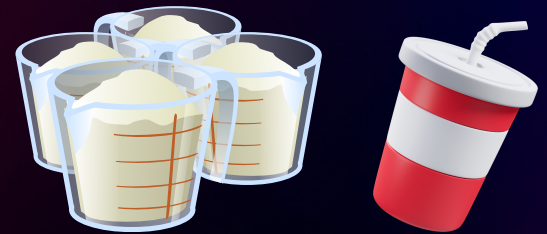
## TIPS TO RETHINK YOUR DRINK

- **Choose water** (tap or unsweetened, bottled, or sparkling) over sugary drinks.
- **Need more flavor?** Add berries or slices of lime, lemon, or cucumber to water.
- **Missing fizzy drinks?** Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- **Water just won't do?** Reach for drinks that contain important nutrients such as low fat or fat free milk; unsweetened, fortified milk alternatives; or 100% fruit or vegetable juice first. (NOTE: Before infants are 12 months old, do not give fruit or vegetable juice. Juice after 12 months old is not necessary, but 4 ounces or less a day of 100% juice can be provided.)
- **At the coffee shop?** Skip the flavored syrups or whipped cream. Ask for a drink with low fat or fat free milk, an unsweetened milk alternative such as soy or almond, or get back to basics with black coffee.
- **At the store?** Read the Nutrition Facts label to choose drinks that are low in calories, added sugars, and saturated fat.
- **On the go?** Carry a reusable water bottle with you and refill it throughout the day.

## AMOUNT OF SUGAR AND CALORIES IN COMMON DRINKS

Drink (12-ounce serving)	Teaspoons of Sugar	Total Drink Calories
Tap or Unsweetened Bottled Water	0	0
Unsweetened Tea	0	0
Lemonade, powder, prepared with water	3	55
Sports Drinks	5	97
Brewed Sweet Tea	7	115
Energy Drink	9	162
Regular Soda	10	155
Fruit Juice Drink	10	186
Regular Orange Soda	13	195

*Sugar content derived from US Department of Agriculture Food Data Central* [↗](#)



**FOR MORE INFORMATION ON RETHINKING YOUR DRINK, VISIT:**

**[HTTPS://WWW.CDC.GOV/HEALTHYWEIGHT/HEALTHY\\_EATING/DRINKS.HTML](https://www.cdc.gov/healthyweight/healthy_eating/drinks.html)**



TOWNSHIP OF MENDHAM  
 BOARD OF HEALTH  
 100 West Main Street, Brookside, NJ, 07926  
 Telephone: (973) 631-5484  
 Fax: (973) 631-5490  
[www.mendhamtownship.org](http://www.mendhamtownship.org)

