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**
  

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)

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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)

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Pick up a healthy, refreshing drink instead!

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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
**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

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**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

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**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!”

(www.usda.gov)