

Added sugar may be in the following beverages:

Soft drinks

Fruit juice (not 100%)

Sports drinks

Energy drinks

Coffee

Flavored Milk

Sweetened Tea

Rice drinks

Lemonade

Hot chocolate

Flavored Drinks



Public Health



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Central District Health Department serves Hall,
Hamilton and Merrick counties.

¹Institutes of Medicine

²National Health and Nutrition Examination Surveys (NHANES)
2007-2008

³Mayo Clinic



**Rethink
your
drink!**

Central District
Health Department



Central District Health
Department has an
ongoing initiative to
reduce consumption
of sugar-sweetened
beverages in
our service
area.

What is the problem?

Locally, two of three adults and one of three children are overweight or obese. 20% of weight increase in the U.S. between 1977 and 2007 is attributed to sugar-sweetened beverages.¹

What is a sugar-sweetened beverage?

A sugar-sweetened beverage is a drink with sugar added.

Sugar has many names. To find out if a drink has added sugar, look for any of these words on the list of ingredients: sugar, high-fructose corn syrup, brown sugar, corn sweetener, corn syrup, dextrose, fruit juice concentrates, glucose, honey, invert sugar, molasses, sucrose, or sugar cane.

Why does it matter?

Americans now consume 200 to 300 more calories each day than 30 years ago, nearly half (48%) of these excess calories come from sugar-sweetened beverages.²

Consumption of sugar-sweetened beverages is associated with obesity, diabetes, elevated triglycerides, cardiovascular disease, and contributes to tooth decay.

What should be done?

Schools, day cares, government, medical facilities and worksites should work toward the adoption of local policies that eliminate access to sugar-sweetened beverages in areas such as cafeterias and vending machines, and at meetings and events.

It takes the average person

46 minutes *of walking at 3.5mph*
to burn off a
20 oz soda³

Be a role model! Provide only low calorie beverages such as water or unsweetened tea and low-fat milk.