YOU WOULDN’T EAT 22 PACKS OF SUGAR*. WHY ARE YOU DRINKING THEM?

Extra calories in sugar-loaded drinks may lead to obesity, diabetes, heart disease and some cancers.

*Sugar in a 20 oz. soda

Extra calorías en bebidas cargadas de azúcar pueden causar obesidad, diabetes, enfermedades del corazón y algunos tipos de cáncer.

*Contenido de azúcar en una soda de 20 onzas.
YOU WOULDN’T EAT 22 PACKS OF SUGAR.
WHY ARE YOU DRINKING THEM?

We are facing a public health crisis in LA County. Our children are overweight and at risk for diseases that keep them from being healthy and happy. Overweight children overwhelmingly grow up to be overweight adults, and it is critical that we take action to create a better future for our children.

 Obesity costs our families, employers and county $6 billion annually. We cannot continue to mortgage the future health and well-being of California’s children.

Rates of obesity have increased in tandem with the increase in the number of sugar-loaded drinks people drink. Sugar-loaded drink consumption has doubled over the past 30 years, and children now consume more calories from sugar-loaded drinks than they do from milk.

SUGAR IN POPULAR SUGAR-LOADED DRINKS

<table>
<thead>
<tr>
<th>DRINKS</th>
<th>SIZE</th>
<th>GRAMS OF SUGAR</th>
<th>PACKS OF SUGAR*</th>
<th>CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soda</td>
<td>20 oz.</td>
<td>65</td>
<td>22</td>
<td>240</td>
</tr>
<tr>
<td>Orange Drink</td>
<td>21 oz.</td>
<td>64</td>
<td>21</td>
<td>240</td>
</tr>
<tr>
<td>Frozen Coffee</td>
<td>16 oz.</td>
<td>53</td>
<td>18</td>
<td>260</td>
</tr>
<tr>
<td>Sweetened Tea</td>
<td>16 oz.</td>
<td>46</td>
<td>15</td>
<td>180</td>
</tr>
<tr>
<td>Sports Drink</td>
<td>20 oz.</td>
<td>35</td>
<td>12</td>
<td>125</td>
</tr>
</tbody>
</table>

* Calculations based on 3 grams per pack.

WE NEED TO LIVE BETTER

- Choose water or low-calorie drinks instead of sugar-loaded drinks.
- For a quick, easy and inexpensive thirst quencher, carry a water bottle and refill it throughout the day.
- Don’t “stock the fridge” with sugar-loaded drinks. Instead, keep a jug or bottles of cold tap water in the fridge.
- Serve water, unsweetened coffee or tea, or low-fat or non-fat milk with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-loaded drink, go for the small size.
- Make a healthy, low-calorie drink:
  - Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.

MAKE LA A HEALTHIER AND MORE SATISFYING PLACE TO LIVE, LEARN, WORK AND PLAY:

• Be a role model for your friends and family by choosing healthy, low-calorie drinks.