



# Be Soda Smart

Recent studies show a link between drinking regular soda and weight gain. Regular soda contains empty calories that don't fill you up and offer no nutritional value. This can lead to consuming extra calories that may contribute to weight gain.

## Did you know?

- One extra can of regular soda a day for one year can add up to a 10 pound weight gain!
- The 20 oz bottle sold in vending machines is actually 2 ½ servings.
- One 12 oz can of regular soda contains 8 to 9 teaspoons of sugar.
- Americans consume more than four times as much soda today as they did in the 1950's.
- The 32-oz Big Gulp® contains more than 300 calories - 3 food CHIPS.

## Healthier Beverage Options

	Benefits
Water	Makes you feel less hungry and keeps you hydrated. It contains no calories, meaning 0 CHIPs. Try carbonated water with a splash of 100% fruit juice, or add lemon, lime, watermelon, or cucumber.
Diet Soda	Try switching to diet soda. It contains no calories so you won't be using any food CHIPs.
Tea	You can drink it hot or cold. There are many varieties to choose from.
100% Fruit Juice	Contains vitamins and minerals, but the calories can add up quickly. Check the nutrition facts label for the serving size and other nutrition information.
Milk	Good source of calcium. Choose low fat or skim varieties to avoid extra calories.

### Sources:

National Center for Chronic Disease Prevention and Health Promotion. *Does Drinking Beverages with Added Sugars Increase the Risk of Overweight?* Research to Practice Series, No. 3, Sept 2006.

Jacobson, Michael F. *Liquid Candy: How Soft Drinks are Harming Americans' Health*. Center for Science in the Public Interest; 2005.