



HEALTHY BODY – HEALTHY SMILE

ReTHINK
your
drink



Bay Area Nutrition &
Physical Activity Collaborative



Soda is the #1 source of added sugar
in the American diet¹



The average American consumes
almost **100 pounds of sugar a year**²



One 20 oz soda can contain 68
grams of added sugar – **that's 17**
teaspoons of sugar!

FOR GOOD ORAL HEALTH & OVERALL HEALTH...



Re THINK YOUR DRINK! Drink water or low-fat milk instead of
sugar sweetened beverages



EAT FRESH, whole foods, especially fresh fruits and vegetables



EAT LESS processed and packaged foods



READ the Nutrition Facts on food labels and reduce added sugar
intake to 25-35 grams/day (6–9 teaspoons)³



SLOW DOWN on snacking

BRUSH your teeth and tongue at least twice a day

FLOSS every day

VISIT your dentist regularly

RESOURCES:

Sugar Savvy lessons, Soda Free Summer
campaign materials, non-food fundraising ideas,
healthy snack lists, & more...

www.banpac.org

www.sodafreesummer.org

¹. Guthrie JF, Morton JF. Food sources of added sweeteners
in the diets of Americans. *Journal of the American Dietetic
Association* 2000;100(1):43-51.

². <http://www.ers.usda.gov/Briefing/Sugar/Data.htm>

³. American Heart Association Recommendation