*Women who have one sweetened drink a day (like sodas and fruit drinks) may have a **23% higher risk of heart attack**


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**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**

(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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**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!


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**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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Pick up a healthy, refreshing drink instead!

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Bronx Health REACH works with community organizations on nutrition, fitness and eliminating health disparities. For more information contact us at 212-633-0800 ext. 1232

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Choose healthy refreshing drinks like...
TRADE Fatty Empty Calories for Healthy & Delicious Drinks

Sugary Drinks

100% Juice Box

One box of 100% Juice gives you part of a day’s important natural nutrients.

Sodas

Seltzer + 100% Juice

Seltzer water with 100% juice is delicious and even carbonated!

Fruit Juice Drinks

100% Fruit Juice

Pick 100% Fruit Juice over an unhealthy Fruit ‘Juice Drink’ for best value.

Whole or 2% Milk

1% or Skim Milk

1% and skim milk have as much calcium as whole or 2% milk, with less fat!

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

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

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)