But whosoever drinketh of the water that I shall give him shall never thirst.  

(John 4:14)

Bronx Health REACH works with faith-based organizations on nutrition, fitness and eliminating health disparities. For more information contact Carlos Devia by calling 212-633-0800 ext 1338 or emailing cdevia@institute2000.org

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  

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!  
  (www.sugarstacks.com)

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)

Pick up a healthy, refreshing drink instead!

What You Drink Matters More Than You Think!

Choosing healthy refreshing drinks like...

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)

Learn more ...

"But whosoever drinketh of the water that I shall give him shall never thirst.”  

(John 4:14)
**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

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**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**