

REASONS TO “RETHINK YOUR DRINK”

SSBs are the leading source of calories for American teens and a major factor in the growing incidence of adult obesity. According to the CDC, nearly 20 percent of Will County adults drink SSBs at least once daily.

A SSB is any beverage with added caloric sweetener, including: soda, other carbonated soft drinks, fruit drinks, sports drinks, energy drinks, powdered drinks, sweetened tea or coffee drinks, and flavor enhanced water. Common sweeteners include: high fructose corn syrup, cane sugar, fructose, fruit juice concentrate, glucose, sucrose, brown sugar, agave syrup and corn sweeteners.

The Illinois Alliance to Prevent Obesity sponsors the Rethink Your Drink campaign each February in an effort to help people understand the health impact of sugar sweetened beverages and to encourage them to help improve obesity rates by limiting the amount of SSBs they consume daily. Making healthier beverage choices leads to better health outcomes for you and your family.

SSBs are the #1 source of added sugar (46 percent) in the American diet. The Health Department reminds you that healthier options are available for anyone looking to reduce their daily SSB intake. Options include: water, diet drinks, low-fat or fat-free milk, unsweetened coffee, or unsweetened tea.

Try adding fresh fruit to your water. Learn to read nutrition labels and calculate the amount of sugar content in drinks. Remember, four grams of sugar is equivalent to a teaspoon of sugar.