

Health Bulletin

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

#73 in a series of Health Bulletins on issues of pressing interest to all New Yorkers



**ARE YOU POURING
ON THE POUNDS?**

DON'T DRINK YOURSELF FAT.
How to cut back on soda,
juice and other sugary beverages.



• Available in Spanish and Chinese: call 311 or visit nyc.gov/health
• Disponible en español: llame al 311 o visite nyc.gov/health
• 需要中文服務 - 可電 311 或造訪網址: nyc.gov/health





Most of us consume too much sugar.

- Sugar in sweetened drinks contains extra calories you don't need.
- The extra calories can lead to obesity and diabetes.
- Sugar is also bad for your teeth. It causes cavities in kids and adults.

I don't eat a lot of sweets but I still gain weight!

Are you pouring on the pounds? How much sugar do you *drink*?

- Americans consume 200 to 300 more calories each day than we did 30 years ago.
- Nearly half of these extra calories come from sugar-sweetened drinks.
- Teens who consume sugary beverages drink an average of 360 calories per day. Someone would have to walk about 70 city blocks to burn that many calories.

SODAS ARE GETTING **BIGGER**



Soda used to come in 6½-ounce bottles.



Today, 12-ounce cans are considered

“small” ... and 20-ounce bottles are typical.



Super-sized sodas
can be as large as
4 or 5 regular cans.

REAL FRUIT BEATS **FRUIT JUICE**



1 medium-sized apple
60 calories
3 grams of fiber
Helps you feel full



1 cup (8 oz.) of apple juice
110 calories
No fiber
Doesn't fill you up

Don't Drink Yourself Fat!

Go with water, seltzer or low-fat milk instead.

1. Drink plenty of water.

- Nothing quenches thirst better than water.
- Water is naturally sugar-free and calorie-free.
- NYC water tastes as good as bottled water, or better – and it's free. Get your fill!
- If you crave fizz, try seltzer.

2. Choose fat-free or 1% milk.

- Fat-free and 1% milk have all the protein, calcium, vitamins and other nutrients of whole milk, with fewer calories and less fat. Unlike sugary drinks, milk is good for your bones!
- Almost everyone over age 2 should drink fat-free or 1% instead of whole milk.
- If you prefer soy milk, choose low-fat, light or unflavored.

3. Switch from juice to whole fruit.

- Most kids get too much juice and too little fruit.
- Fruit juice isn't as healthful as most people think. It's loaded with calories.
- Whole fruit has fewer calories, and unlike juice, it has fiber. Fiber helps keep you healthy. It also helps you feel full.
- Don't waste money on punch and fruit-flavored drinks. These are just flavored sugar water.

4. Skip sports drinks and "energy" drinks.

- Most are high in sugar and low in nutrients, and energy drinks are loaded with caffeine.
- Water is all you need to stay hydrated, even while exercising.

5. Watch out for coffee and tea drinks and shakes.

- Check calories on the menu boards (*see chart*). You'll probably be surprised by how many calories are in popular drinks.
- If you drink coffee or tea, order it plain (practically calorie-free) and lightly flavor it yourself.

6. Downsize!

- If you do have a sugar-sweetened drink, cut calories and save money by ordering a "small" instead of a "large."
- Cut portion sizes by using small, 6-ounce glasses.
- If you do drink juice, add some water or seltzer to cut calories (and make it last longer).



ARE YOU POURING ON THE POUNDS?

Drink	Number of Calories	Teaspoons of Sugar
Iced White Chocolate Mocha (16 oz)	340	18
Cola (20 oz)	250	15
Lemon Lime Soda (20 oz)	240	14
Orange Delight Drink (16 oz)	225	12
100% Apple Juice (16 oz)	220	12
Lemon Flavored Iced Tea (20 oz)	210	14
Café Latte (16 oz)	190	4
Sports Drink (20 oz)	120	10
Water, Seltzer (20 oz)	0	0

More Information and Help

- **New York City Health Department:** www.nyc.gov/health/obesity
- **Other Health Bulletins on healthier eating: available through www.nyc.gov/health or 311**
 - #42: Control Your Cholesterol: Keep Your Heart Healthy
 - #50: High Blood Pressure: It's In Your Court
 - #51: How to Lose Weight: And Keep It Off
 - #52: NYC Water – Get Your Fill
 - #72: Cut the Salt!
- **Centers for Disease Control and Prevention (tips to maintain healthy weight):** www.cdc.gov/nccdphp/dnpa/healthyweight/healthy_eating/drinks.htm
- **U.S. Department of Health and Human Services (dietary guidelines):** www.health.gov/dietaryguidelines
- **U.S. Department of Agriculture (dietary guidelines):** www.mypyramid.gov



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ARE YOU POURING ON THE POUNDS?

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