

## What is GO ON GREEN?

Choosing the right beverage is important to maintaining a healthy diet and staying hydrated and energized. This traffic light system is a guide to help you choose healthy beverages. If you're thirsty, go for the green!

### What You Drink Makes More Difference Than You Think!

Many people don't realize how much sugar and calories are in common beverages. Sugar-sweetened beverages, like soda and flavored drinks, are now the largest source of added sugar in Americans' diets and can account for a large percentage of a person's daily calorie intake.

**Cutting back on RED drinks and substituting them with GREEN drinks can help prevent unhealthy weight gain.**

- A 20-ounce (oz) bottle of soda contains about 17 teaspoons of sugar. Drinking one of these every day can lead to about 25 extra pounds of weight gain a year.
- To burn off the additional 250 calories in a 20 oz bottle of soda, you'd have to walk briskly for approximately 60 minutes.

**Choosing healthier drinks is an essential step in maintaining a healthy weight and helping to reverse the obesity epidemic.**

- Sugary drinks are a major contributor to obesity in youth and adults, which can result in the development of chronic diseases like Type 2 diabetes, heart disease, and cancer.
- In Boston, about 55% of adults are overweight or obese.
- The obesity epidemic is affecting our wallets, too; health costs related to obesity in the United States are estimated at \$147 billion annually.

## Read the Label. See What You're Drinking.

Nutrition Facts			
	Standard Serving	This Package	
1. Serving Size	8 fl oz (240 mL)	20 fl oz (591 mL)	
Servings Per Container	2.5	1	
Amount per serving			
2. Calories	100	%DV*	%DV*
Total Fat	0g	0%	0%
Sodium	30mg	1%	75mg 3%
Total Carbohydrate	28g	9%	69g 23%
Sugars	28g	69g	
Protein	0g	0g	
<small>Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.</small>			
<small>*Percent Daily Values (DV) are based on a 2,000 calorie diet.</small>			
4. Ingredients	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE. CAFFEINE CONTENT: 23mg/8fl oz, 57mg/20 fl oz.		

What's in a typical 20 oz bottle of soda?

- 1. Serving Size:** A standard serving size is 8 oz. This 20 oz. soda bottle has 2.5 servings. It's important to look at the Nutrition Facts for the package, not just a single serving, if drinking the whole bottle.
- 2. Calories:** There are 100 calories in one serving and 250 in the bottle. These calories have no nutritional value.
- 3. Sugars:** It's easier to figure out how much sugar is in a drink by changing the grams to teaspoons. Divide the total sugar grams by four (4) to get an approximate number of teaspoons. This bottle contains about 17 teaspoons of sugar ( $69 \div 4$ ).
- 4. Ingredients:** In this beverage, the main ingredient after water is high fructose corn syrup. Other common names for sugars are cane syrup, sucrose, and dextrose.

For more information, go to [www.bphc.org/chronicdisease](http://www.bphc.org/chronicdisease)

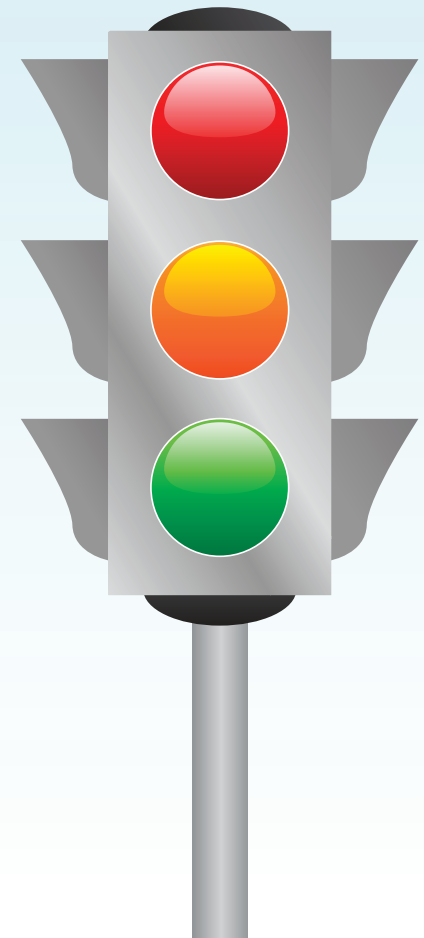
Building a Healthy Boston  
Mayor Thomas M. Menino



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**STOP.  
RETHINK  
YOUR  
DRINK.  
GO ON GREEN.**

**Steer your health in the right direction  
by making the smart choice.**





**Red: Stop and think!  
Drink rarely, if at all.**

*Over 12g of sugar per 12 oz*

“RED” beverages are high in sugar. Many also have high sodium and/or fat content. Red drinks contain “empty” calories, with little or no nutrients, and can contribute to weight gain and other chronic diseases like Type 2 diabetes and heart disease.

**Examples:**

- Regular soda
- Energy drinks
- Sports drinks
- Pre-sweetened coffee and tea drinks
- Juice drinks with added sugar
- Whole or 2% milk

**Yellow: A better choice.  
Drink occasionally.**

*6 to 12g of sugar per 12 oz or contains artificial sweeteners*

“YELLOW” beverages have moderate amounts of sugar and sodium, or contain artificial sweeteners. 100% fruit juice and flavored low-fat milk may have more than 12 grams (g) of sugar because they contain natural sugars, but may still be consumed in small portions of 8 oz or less because they contain important nutrients.

Diet and “light” drinks that are artificially sweetened may increase taste preferences for sweet foods and drinks, which contribute to weight gain. Diet drinks can be used as a way to switch from RED choices to GREEN choices.

**Examples:**

- Diet soda
- Diet iced tea
- 100% fruit juice (*in small portions*)
- Low-calorie sports drinks
- Sweetened soymilk (*in small portions*)
- Flavored 1% milk (*in small portions*)
- Other low-sugar drinks



**Green: The healthiest choice!  
Drink plenty.**

*0 to 5g of sugar per 12 oz*

“GREEN” beverages have no added sugars and artificial sweeteners. These are the healthiest choices, especially tap water. Water hydrates the body, quenches thirst, and supports other bodily functions necessary for overall health. Low-fat milk contains natural sugars and healthy nutrients. It should be consumed in portions that are 8 oz or less.

**Examples:**

- Water
- Seltzer water
- 1% or skim milk (*in small portions*)
- Unsweetened soymilk (*in small portions*)