

NOW THAT YOU KNOW, TAKE ACTION!

1. Take the 30-day pledge to reduce your sugary drinks

I pledge...to **RETHINK MY DRINK**

for 30 days by making an effort to decrease the number of sugary drinks I consume and replace them with healthier alternatives like water each day.

#RETHINKYOURDRINK

WWW.PREVENTOBESITYIL.ORG

NAME (PRINTED)

SIGNATURE

DATE



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2. Learn more and sign up for IAPO's monthly email alerts at PreventObesityIL.org
3. Stay connected:



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THE ILLINOIS ALLIANCE TO PREVENT OBESITY

The Illinois Alliance to Prevent Obesity (IAPO) is a statewide coalition comprised of a broad range of stakeholders working for a state-level response to the obesity epidemic. IAPO works to shape and advance solutions to reverse dangerous obesity trends with the goal of reducing obesity rates in Illinois by 2018. IAPO supporters believe that Illinois must respond to the obesity epidemic by developing coordinated systems, policy improvements and investment on the scale of the problem.



The Illinois Alliance to Prevent Obesity is convened by the Illinois Public Health Institute.



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Developed with support from Voices for Healthy Kids, an initiative of the Robert Wood Johnson Foundation and American Heart Association.



RETHINK SUGARY DRINKS



HOW MUCH SUGAR ARE YOU DRINKING? BECOME A LABEL READER

4 grams sugar = 1 teaspoon

This drink has 44 grams of sugar.

44/4 = 11 teaspoons of sugar!

The American Heart Association recommends limiting sugar consumption to no more than 6 teaspoons per day for adult women and no more than 9 teaspoons per day for adult men.

The average 20-ounce soda has 16 teaspoons of sugar.

Nutrition Facts

Serving Size 12 fl.oz (355ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	1%
Total Carbohydrate 44g	15%
Dietary Fiber 0g	0%
Sugars 44g	88%
Protein 0g	0%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

MAKE THE HEALTHY CHOICE THE EASY CHOICE!

RETHINK YOUR DRINK

DRINK RARELY, IF AT ALL

- Regular sodas
- Energy or sports drinks
- Sweetened coffee/tea drinks
- Fruit drinks

DRINK OCCASIONALLY

- Diet sodas
- Low-calorie, low-sugar drinks
- 100% juice

DRINK PLENTY

- Water
- Seltzer water
- Skim or 1% milk
- Unsweetened coffee/tea drinks

STOP — Rethink Your Drink. Help end the suffering from diabetes, cancer and heart disease in your community.

www.preventobesity.org #RethinkYourDrink

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- Stock the refrigerator with fresh cold water, sugar-free tea, low-fat/ fat-free milk and other healthy beverages
- Keep a pitcher of water infused with fruit, such as lemons, berries, and melons, or cucumbers in the refrigerator
- Serve water or low-fat/fat-free milk with meals
- Add a splash of 100% fruit juice to sparkling water for a special treat
- Keep healthy beverages within easy reach for children
- Choose drinks with no more than 25 calories per 8 fluid ounces

PLACES MATTERS TOO!

There are many ways schools, worksites, businesses, hospitals, parks, and lawmakers can help create a community that supports healthy choices.

ASK THE PLACES WHERE YOU LIVE, PLAY & WORK TO DO THE FOLLOWING:

- Put healthier choices at eye level in your work place coolers and cafeterias
- Offer discounts on healthy beverage choices and raise the price on unhealthy choices
- Post educational signs near vending machines, cafeterias, and coolers to help people identify the healthiest options
- Provide only healthy drinks during meetings and conferences
- Provide free tap water to community residents and clients
- Support the Healthy Eating + Active Living Act to invest in health and wellness through funds raised from a sugary drink tax