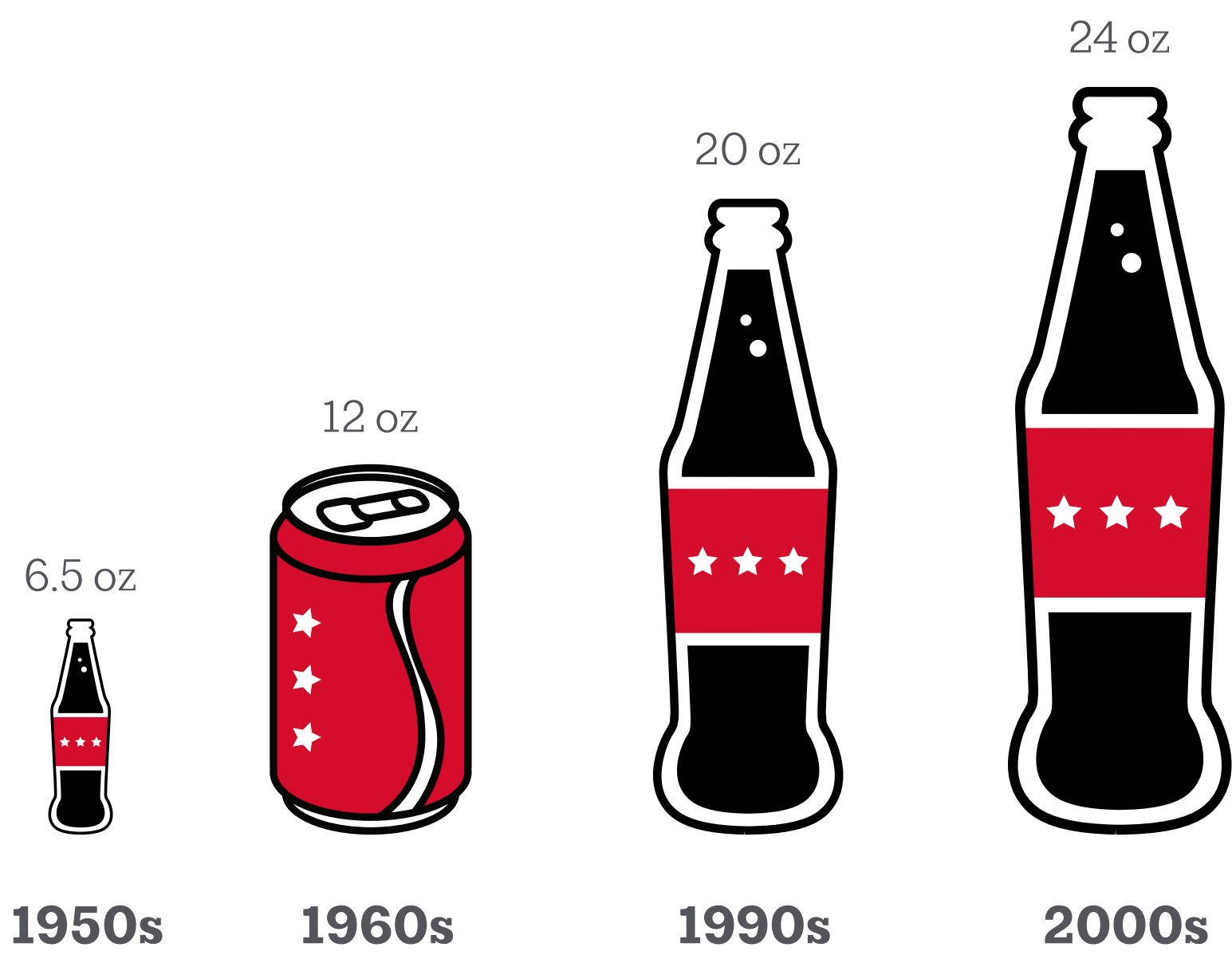




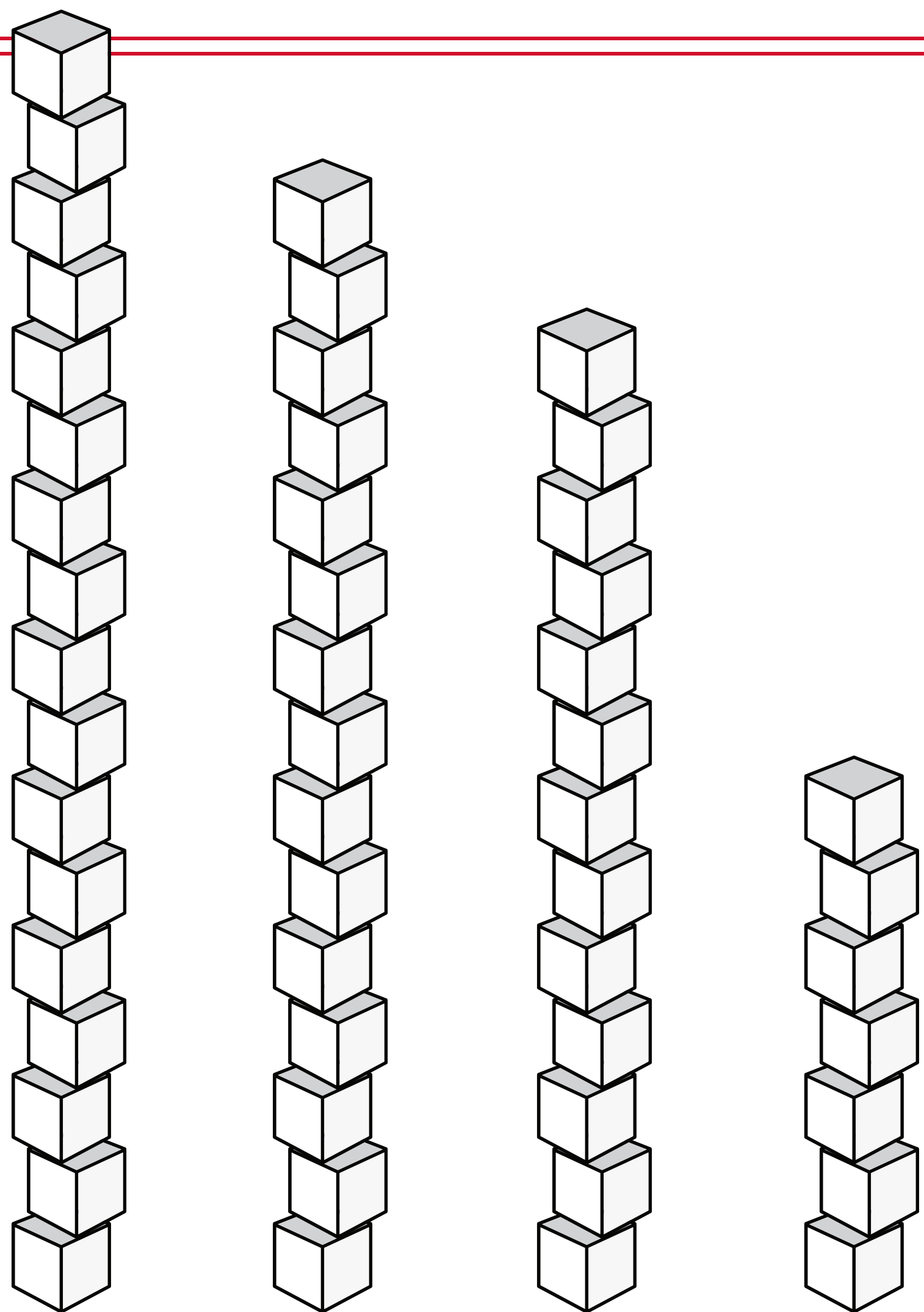
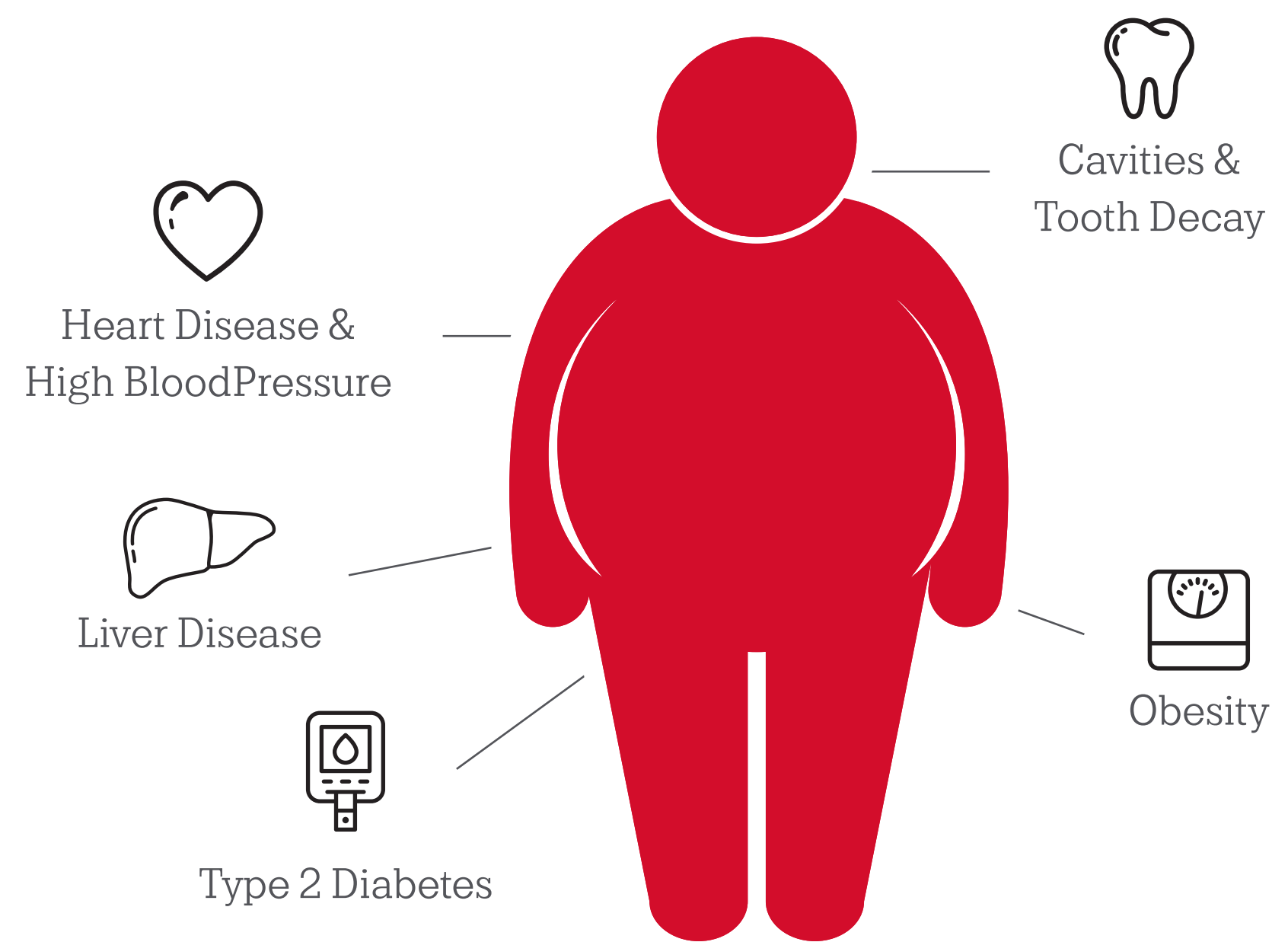
WHY YOUR BEVERAGE CHOICES MATTER

#RethinkYourDrinkDC



DRINK CONTAINERS HAVE GROWN THROUGHOUT THE DECADES¹

SUGARY DRINKS CONTRIBUTE THE MOST SUGAR INTO OUR DIET, LEADING TO...²

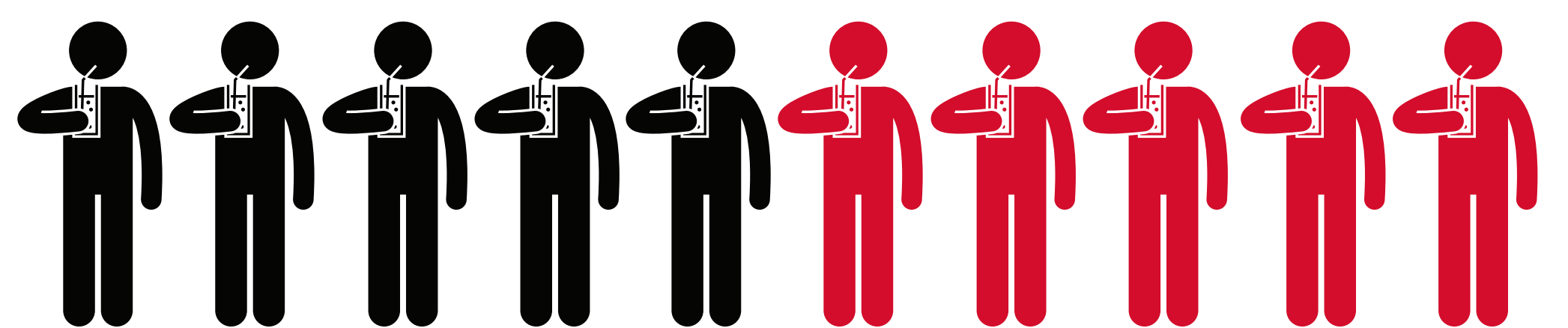


Soft Drinks (Coke) 20 oz, Iced Tea (Snapple) 16 oz, Juice (Apple) 16 oz, Energy Drink (Red Bull) 8.3 oz

HOW MUCH SUGAR IS IN A SERVING OF YOUR FAVORITE DRINKS?³

45 MINUTES IT TAKES AT LEAST 45 MINUTES TO WALK OFF THE CALORIES OF AN AVERAGE 12 OZ. SODA⁴

DC HOSPITALS CARE #ReThinkYourDrinkDC

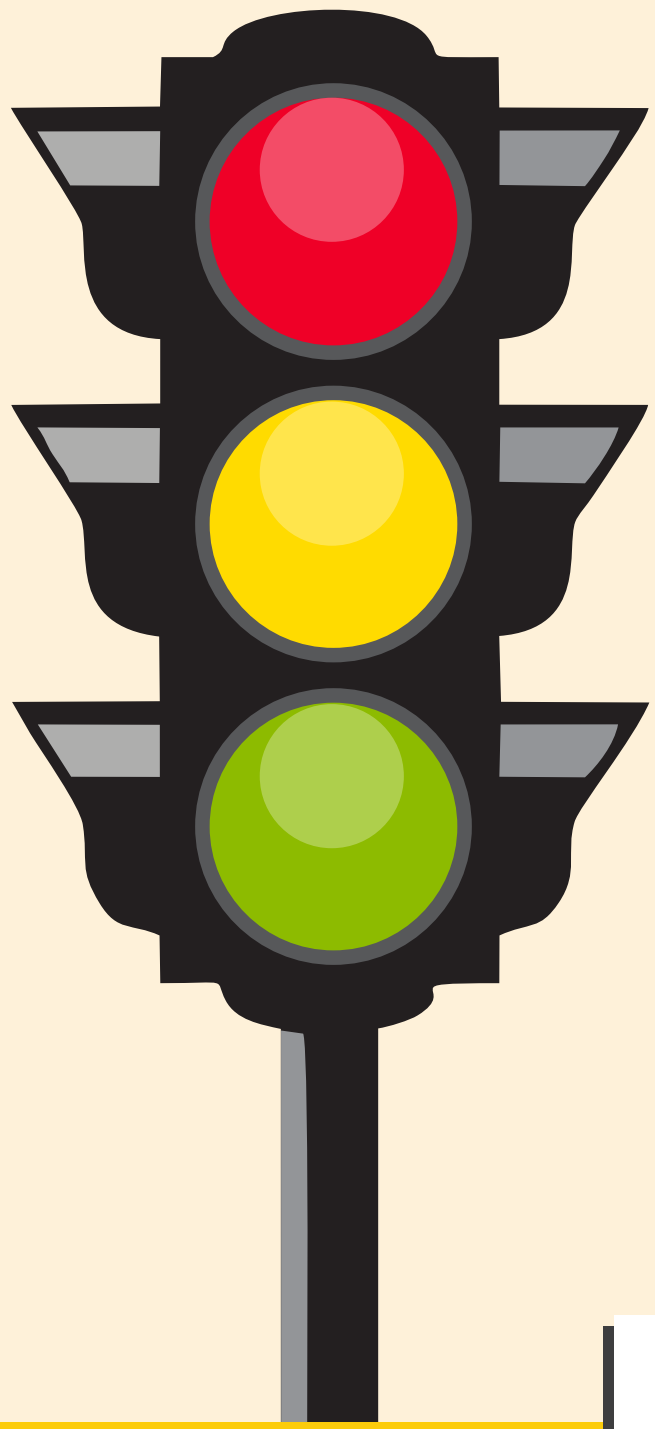


5 OUT OF 10 ADULTS DRINK A SUGAR-SWEETENED BEVERAGE DAILY⁵

#RethinkYourDrinkDC

Sugary drinks are the leading source of added sugar in our diet.
It's time to stop, rethink your drink, and go with green.

Stop. Rethink. Go With Green.



RED: DRINK RARELY

REGULAR SODAS | ENERGY & SPORTS DRINKS | FRUIT DRINKS

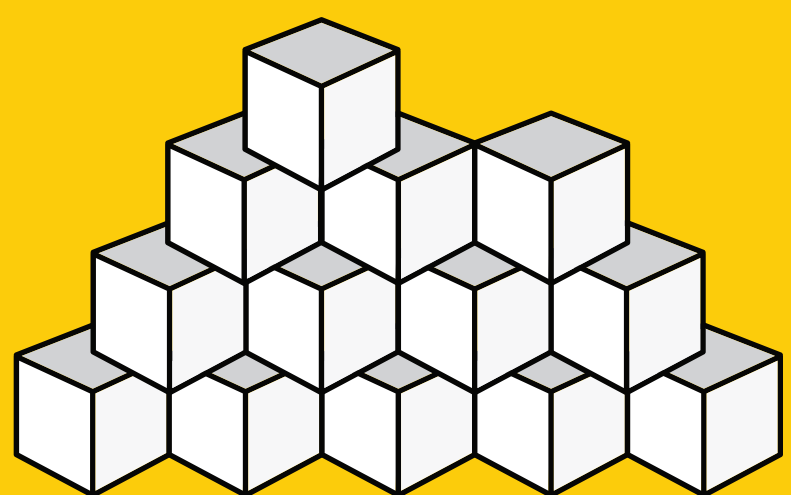
YELLOW: DRINK OCCASIONALLY

DIET SODAS | LOW-CALORIE & LOW-SUGAR DRINKS | 100% JUICE

GREEN: DRINK PLENTY

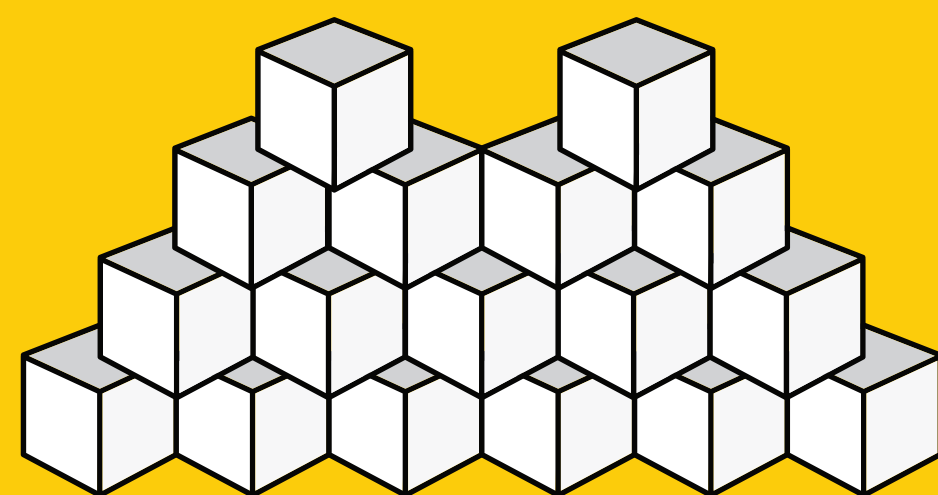
WATER | SELTZER WATER | SKIM & 1% MILK

How Much Sugar Is In Your Drink?



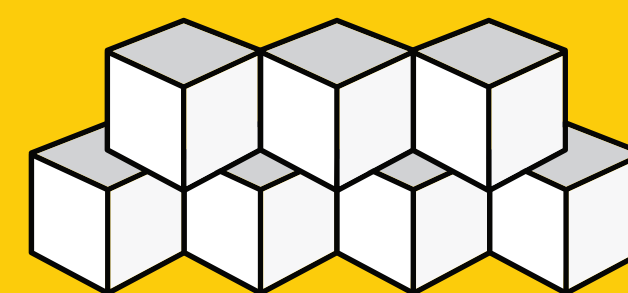
52 GRAMS

PER 16 OZ OF APPLE JUICE
(13 SUGAR CUBES)



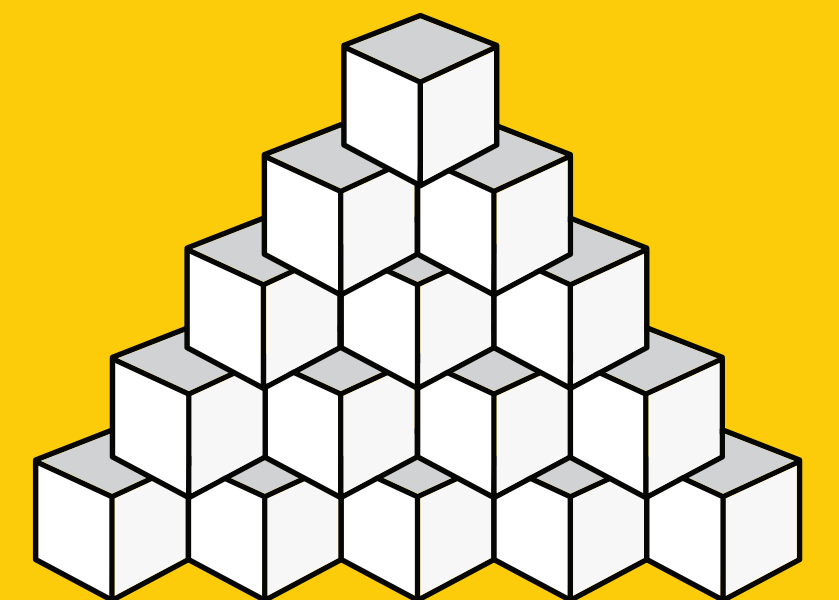
65 GRAMS

PER 20 OZ OF SODA
(17 SUGAR CUBES)



27 GRAMS

PER 8.3 OZ OF ENERGY DRINK
(7 SUGAR CUBES)



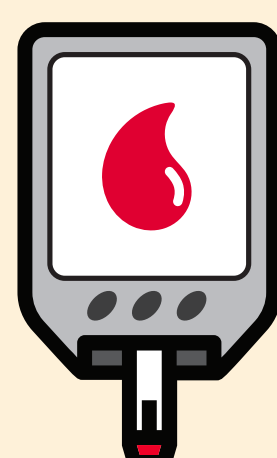
46 GRAMS

PER 16 OZ OF ICED TEA
(15 SUGAR CUBES)

Did You Know?



IT TAKES AT LEAST
45 MINUTES
TO WALK OFF
THE CALORIES OF
A 12 OZ SODA



SWEETENED BEVERAGES
LARGELY CONTRIBUTE
TO INCREASED
RATES OF
TYPE 2 DIABETES



54.9%
OF DISTRICT
RESIDENTS
ARE OVERWEIGHT
OR OBESE

RED: DRINK RARELY, IF AT ALL

- » Regular Sodas
- » Energy & Sports Drinks
- » Fruit Drinks

YELLOW: DRINK OCCASIONALLY

- » Diet Sodas
- » Low Calorie/Low Sugar Drinks
- » 100% Juice

GREEN: DRINK PLENTY

- » Water
- » Seltzer Water
- » Skim/1% Milk

#RethinkYourDrinkDC

The District of Columbia Hospital Association and its members have partnered with the DC Department of Health on a Healthier Hospitals Initiative aimed at reducing the availability and consumption of sugary beverages, and promoting healthier options within the District's hospitals.

