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MEDIA RELEASE

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What's in your cup? Drinking 24 ounces a day of soft drinks including soda pop, sports drinks, fruit drinks, flavored teas, lemonades, kool-aid, etc. without changing anything else in your diet or increasing exercise would lead to gaining 31 pounds in one year.

March is Nutrition Month! Are you ready to challenge yourself to see what is in your beverage? What you drink is just as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories.

Did you know? The average American eats 23 teaspoons of sugar each day. That's almost 100 pounds each year.

Why should we care? Eating a lot of sugar leads to an intake of extra calories. These calories can cause weight gain, obesity, and lead to serious health problems, such as type 2 diabetes, heart disease, and certain cancers.

What should you drink?

- Water
- Unflavored Milk
- Unsweetened Beverages
- 100% Juice

For more information go to www.ChooseMyPlate.gov (Make better beverage choices- 10 tips to get started)!

Our mission is to assure the health of the public, prevent disease and injury, promote health behaviors, and protect against environmental hazards.