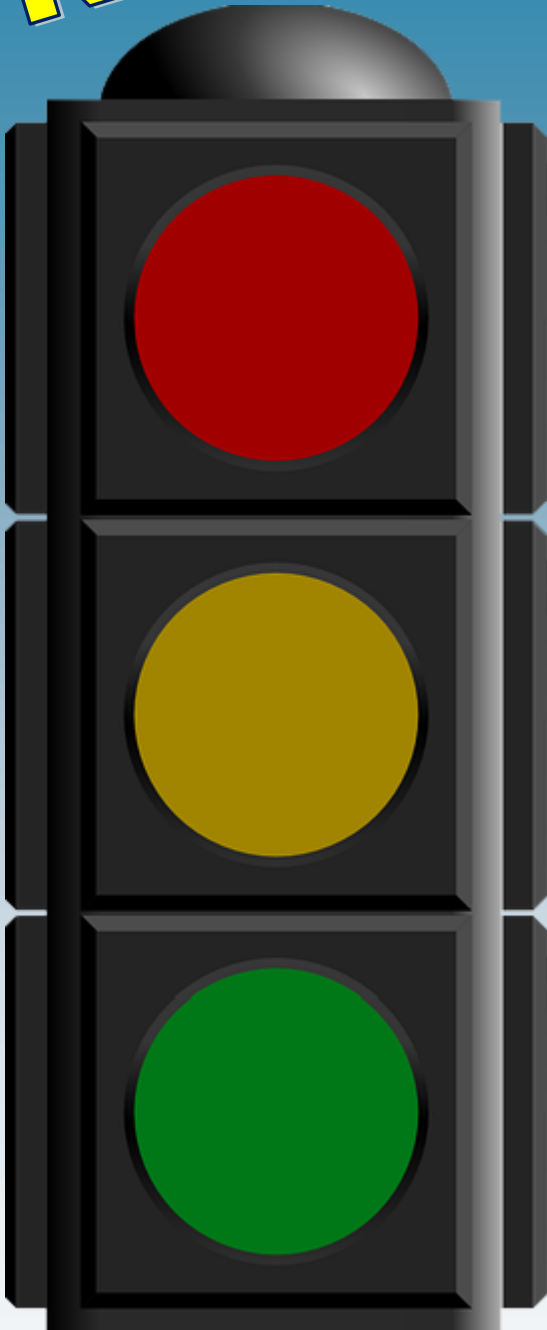


ReThink Your Drink



DRINK RARELY IF AT ALL

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

DRINK OCCASIONALLY

- Diet sodas
- Flavored milks
- 100% juice

DRINK OFTEN

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

Drop the sugary drinks and visit us at health.baltimorecity.gov/ReThinkYourDrink for more information. Be part of the movement to reduce diabetes, obesity and heart disease in your community!



 @Bmore_Healthy

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ReThink
YourDrink

Sugar-Sweetened Beverages



→ Sugary drinks, aka sugar-sweetened Beverages (SSBs), are **beverages that contain added caloric sweeteners of any kind.**

→ Drinking SSBs can lead to excess caloric intake, **tooth decay, Type 2 diabetes, and obesity.**

→ **50% of Americans** consume at least 200 calories from SSBs a day.



→ **2 out of 3 American adults and 1 out of 3 children** are either overweight or obese.

→ Children and adolescents consume more SSBs than any other group, and **children in lower income households are most likely to consume at least two SSBs a day.**



→ Children who consumed at least one SSB a day **are 3 times more likely** to be overweight than children who consume no SSBs

→ As of 2012, **31% of Baltimore City residents are obese** and **13% suffer from Type 2 diabetes**



→ **1 out of 3** Baltimore City school aged children are obese

→ **1 out of 4** Baltimore City school aged child drinks one or more soda a day

Water: The Healthy Option



→ **Drink more water** to avoid taking in too many calories and to improve your health.

→ **Reduce your risk of** serious health problems like obesity and type two diabetes.

→ It's **free** out of the tap!



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Your Drink