

# Fewer Sugary Drinks Today Leads to a Healthier Tomorrow



IN COLORADO,  
1 OUT OF 5 CHILDREN  
HAS AT LEAST  
1 SUGARY DRINK  
PER DAY

## WHAT ONE SUGARY DRINK EQUALS

**Fruit Punch**  
(10 fl oz)



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**Juice Drink**  
(20 fl oz)



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**Soda**  
(20 fl oz)



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**Sports Drink**  
(20 fl oz)

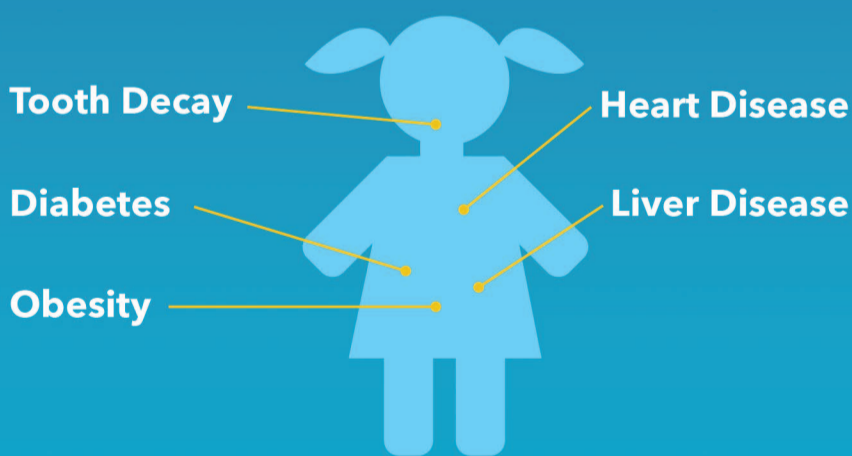


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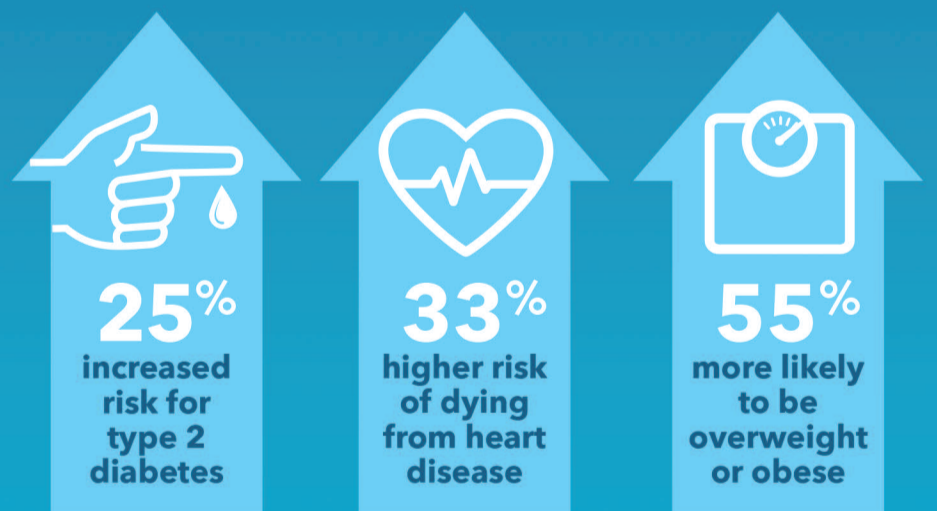


## SUGARY DRINKS CAN HURT YOUR HEALTH

Too much sugar can lead to:



1 sugary drink per day leads to:



## IT'S EASY TO CHOOSE HEALTHY DRINKS



Carry a refillable cup or water bottle.



Choose healthier vending and menu options.



Serve water during sports events.



Serve water flavored with fruit slices (lemon, berries, cucumbers) at parties.



Healthy Beverage  
PARTNERSHIP

Hidden-Sugar.org