

# Pitch the Pop

## (and Other Sugar Beverages)

Are you one of the millions of people who cannot start their day without a soda pop? Consider this: One 20 oz bottle of regular pop has around 16 -19 teaspoons of sugar. This is bad enough for adults, but imagine the effect it has on a child's smaller body. So what does all that sugar and fizz do?

### Tooth Trauma

The double whammy of sugar and acid combines to wear away our tooth enamel and increase the risk of decay. The acid (which gives pop its fizz) takes calcium out of the tooth leaving teeth softer and more prone to decay. Diet pop contains less sugar, but the same amount of acid.



### Bad To The Bones

It is believed that calcium is pulled out from bones of pop drinkers to buffer the acid. Studies have shown that girls who drink pop regularly have a lower bone density than those who don't drink pop at all. Also, pop often replaces milk and other calcium-rich beverages and you can see how our bones can suffer.

### Weight Gain

A 20 oz regular pop contains 240-290 calories. You get the same number of calories in 4 large apples, 80 baby carrots or 15 cups of air popped popcorn. Give up 20 oz a day for a year and you'll save 6200 teaspoons of sugar and could lose up to 26 pounds!



### Nausea, Headaches

Energy drinks can contain up to 150 mg caffeine...twice as much as a cup of coffee and 4 times more than what is found in soda pop. They can also cause rapid or irregular heartbeats, medication interactions, seizures and dehydration.

### What Else?

Persons who drink pop daily have an increased risk of type 2 diabetes, being overweight and are more likely to burp more and have more stomach irritations.

### ***Rethink Your Drink?***

**Water is always a good choice. Low-fat milk (Fat-free, ½% and 1%), unsweetened tea, green tea, flavored waters are healthier alternatives.** Watch out for chocolate milk...it can be healthy, but also high in sugar, fat and calories....it's best to dilute it with low-milk!

**U.P. Diabetes Outreach Network**  
*Strengthening Diabetes Care & Prevention*  
*in Upper Michigan since 1985*  
**(906) 228-9203**  
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## ***Do you know how many calories & how much sugar you are drinking?***

<b>Beverage</b>	<b>Amount of Sugar</b>	<b>Calories</b>	<b>How long to walk to burn those calories*?</b>
16 oz Nestles Chocolate Milk	15 teaspoons	400	1 hour 50 minutes
<b>16 oz Skim Milk</b>	<b>4½ teaspoons</b>	<b>160</b>	<b>44 minutes</b>
15-16 oz 100% Fruit Juice	12-18½ teaspoons	210-300	1 hour – 1 hour 20 minutes
20 oz Mountain Dew	19 teaspoons	290	~ 1 hour 20 minutes
20 oz Pepsi, Coke, Sprite	16-17 teaspoons	240-250	~ 1 hour 8 minutes
<b>20 oz Diet Pop</b>	<b>0 teaspoons</b>	<b>0</b>	<b>0</b>
20 oz Lipton Sweetened Tea	10½-14 teaspoons	180-210	50 – 58 minutes
<b>20 oz Lipton Diet Tea</b>	<b>0 teaspoons</b>	<b>0</b>	<b>0</b>
20 oz Powerade	10-12 teaspoons	150-185	41 – 51 minutes
<b>32 oz Powerade Zero</b>	<b>0 teaspoon</b>	<b>0</b>	<b>0</b>
20 oz Gatorade	9 teaspoons	130	35 minutes
20 oz Gatorade G2	4 teaspoons	70	19 minutes
20 oz Vitamin Water	8 teaspoons	125	34 minutes
<b>16 oz Propel</b>	<b>1 teaspoons</b>	<b>25</b>	<b>7 minutes</b>
20 oz Vault	20 teaspoons	300	1 hour 20 minutes
<b>20 oz Vault Zero</b>	<b>0 teaspoons</b>	<b>10</b>	<b>3 minutes</b>
16 oz Rockstar Energy Drink	15 ½ teaspoons	280	1 hour 17 minutes
16 oz Full Throttle	12-15 teaspoons	220-300	1 hour – 1 hour 20 minutes
<b>16 oz Full Throttle Zero</b>	<b>0 teaspoons</b>	<b>12</b>	<b>3 minutes</b>
16 oz Fuze Refresh/Vitalize	11½-13 teaspoons	200-210	55 – 58 minutes
16 oz Fuze Tea	7½ teaspoons	120	33 minutes
<b>16 oz Fuze Slenderize</b>	<b>1 teaspoon</b>	<b>20</b>	<b>5 minutes</b>
20 SoBe drinks	15-20 teaspoons	240-300	1 hr 6 min – 1 hr 20 min
20 oz SoBe Life Water	6 teaspoons	100	27 minutes
<b>20 oz SoBe Lean drinks</b>	<b>½ teaspoon</b>	<b>15-20</b>	<b>4 – 5 minutes</b>
20 oz Tonic Water	14 teaspoons	210	58 minutes
<b>20 oz Water</b>	<b>0 teaspoons</b>	<b>0</b>	<b>0</b>

*\* based on a normal weight individual*