

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 15 -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

Sugar and **acid** combine to wear away our tooth enamel and increase the risk of cavities. The average teen consumes 15 teaspoons sugar daily. The acid (which gives pop its fizz) takes calcium out of the tooth leaving teeth softer and more prone to decay. **BEWARE:** Diet pop contains less sugar, but the same amount of acid. Energy and sports drink can cause more damage to your teeth than soda pop!



Bad To The Bones

Studies have shown that females who drink pop regularly have a lower bone density than those who drink no pop. In addition, pop often replaces milk and other calcium-rich beverages. This combination increase risk for broken bones and osteoporosis.

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?

	Recommended Servings per Day
Water	Males: 104 oz Females: 72 oz
Unsweetened tea (black, green, herbal)	Up to 64 oz
Unsweetened coffee or tea	Up to 32 oz
Low fat milk (fat-free, ½%, 1%)	Children: Up to 32 oz Adults: Up to 16 oz
Diet pop; Flavored, non-carbonated water	Up to 32 oz
100% fruit juice; sports drinks	Up to 8 oz
Soda pop; fruit drinks	Up to 8 oz

U.P. Diabetes Outreach Network
Strengthening Diabetes Care & Prevention
in Upper Michigan since 1985
 (906) 228-9203
www.diabetesinmichigan.org



Do you know how many calories & how much sugar you are drinking?

Beverage	Amount of Sugar	Calories	How long to walk to burn those calories*?
16 oz Nestles Chocolate Milk	15 teaspoons	400	1 hour 50 minutes
16 oz Skim Milk	4½ teaspoons	160	44 minutes
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
20 oz Diet Pop	0 teaspoons	0	0
20 oz Lipton Sweetened Tea	10½-14 teaspoons	180-210	50 – 58 minutes
20 oz Lipton Diet Tea	0 teaspoons	0	0
20 oz Powerade	10-12 teaspoons	150-185	41 – 51 minutes
32 oz Powerade Zero	0 teaspoon	0	0
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
20 oz Vitamin Water 10	1 teaspoons	25	7 minutes
20 oz Vault	20 teaspoons	300	1 hour 20 minutes
20 oz Vault Zero	0 teaspoons	10	3 minutes
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
16 oz Full Throttle Zero	0 teaspoons	12	3 minutes
16 oz Fuze Refresh/Vitalize	11½-13 teaspoons	200-210	55 – 58 minutes
16 oz Fuze Tea	7½ teaspoons	120	33 minutes
16 oz Fuze Slenderize	1 teaspoon	20	5 minutes
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
20 oz SoBe Lean drinks	½ teaspoon	15-20	4 – 5 minutes
20 oz Tonic Water	14 teaspoons	210	58 minutes
20 oz Water	0 teaspoons	0	0

** based on a normal weight individual*