

You have to walk the **3 MILES**
from Union Square to Brooklyn



to burn off the calories
from **ONE 20oz. SODA**

ALL THE CALORIES IN SUGARY DRINKS can harm your family's health and bring on obesity, type 2 diabetes and heart disease.

DRINK	# OF PACKETS OF SUGAR YOU'RE DRINKING	# OF CALORIES	MILES YOU HAVE TO WALK TO BURN OFF THOSE CALORIES*
20 oz. Soda	16	240	3.03
23 oz. Sweetened Tea	18	360	4.55
16 oz. Energy Drink	15	280	3.54
32 oz. Sports Drink	14	200	2.52
20 oz. Fruit Punch	19	280	3.54
40 oz. Large Lemonade	25	370	4.68
24 oz. Med. Frozen Vanilla Coffee	32	650	8.21

TRY THESE HEALTHY ALTERNATIVES:

WATER: Add slices of lemons, limes, oranges, watermelon, cucumber or mint for a refreshing drink.

UNSWEETENED TEAS: If you want a little sweetening, just add a few drops of honey.

SELTZER / CLUB SODA WITH A SPLASH OF 100% JUICE: Mix one part juice (like cranberry, orange or grape) with 3 parts seltzer for a low calorie bubbly treat.

COFFEE: Just stay away from the fancy sweetened ones.

LOW-FAT (1%) or FAT-FREE (SKIM) MILK: Always a good, healthy choice.

GET MORE HEALTHY TIPS!

Go to nyc.gov and search for Eating Healthy or call 311.

* According to the Mayo Health Clinic, a 160 lb. person will burn 277 calories an hour walking 3.5 mph.

ARE YOU POURING ON THE POUNDS?

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Photo provided courtesy of: GeoEye



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