

BE READY. BE HYDRATED.

LET'S BE REAL

Companies that make sugar-sweetened beverages (SSBs) like soda/pop, energy and performance drinks, fruity drinks and sweetened juices aren't really telling you how much sugar is in their products and the health consequences linked to that sugar. Instead they associate their brands with athleticism, energy, and strength.

Drinking water is the best way for you to feel strong, happy, and ready to take on whatever comes your way.

Whether you're getting ready for the big game, your next big concert, or advocating for justice with your community, water gets you ready and hydrated. When you drink more water, you are saying no to sugar and the companies that sell sugary drinks to you and your community. Hydrate with water to invest in yourself and your community.

**Who knows what's next?
BE READY. BE HYDRATED.**

DRINK WATER

USING TAP WATER IN SEATTLE

Seattle has some of the best water in the nation, in both purity and taste. We're lucky to have access to water that comes from protected sources. These protected sources include the Cedar River and South Fork Tolt River watersheds.

And most importantly, **drinking water straight from the tap here in Seattle is a bargain!** It cost less than one penny to deliver one gallon of water to your tap.

TASTY TIP



Make water taste better by adding some fruit such as watermelons, pineapples, strawberries, or pomegranate seeds, or use vegetables, herbs or citrus to add some flavor. You can also hydrate with sparkling water or infused ice cubes.

BeReadyBeHydrated.com

WHAT IS AN SSB?

A sugar-sweetened beverage (SSB) is any drink with sugar added in. These beverages can be sweetened with cane sugar, honey, corn syrup, fructose, glucose, or even high-fructose corn syrup.

Even replacing **1** SSB with a glass of water everyday can make a big difference.

DRINK WATER

LET'S GET CLEAR ON SODA AND JUICE

It's understandable to think that clear sodas, fruity drinks and sweetened juices are healthier alternatives to sugar-sweetened beverages. But in reality, lots of drinks are sweetened with sugar. Soda, whether clear or dark, or fruit drinks that make big claims about being "healthy" all have about the same level of sugar. **Clear sodas** may look like water and **juice drinks** may taste like fruit, but they actually **have just as much sugar** as any other soda, energy drink, or flavored water.

SUGAR COUNT

American Heart Association says **9 teaspoons of sugar a day**

6 oz pouch of fruit drink
(Capri Sun single serve)

= 7 TSP



8.3 oz can of energy drink
(Red Bull)

= 7 TSP



20 oz. bottle of sweetened
water (Vitamin Water)

= 8 TSP



12 oz can of soda/pop
(Coca Cola)

= 10 TSP



32 oz. bottle of fruit drink
(Gatorade)

= 14 TSP



20 oz bottle of soda
(Mountain Dew)

= 19 TSP



DID YOU KNOW?

It only takes 2 cans of soda a day to increase your chances of Type 2 Diabetes by 26%. The best way to decrease your chance of Type 2 Diabetes and the other health risks linked to drinking sugar-sweetened beverages is to switch to water.