



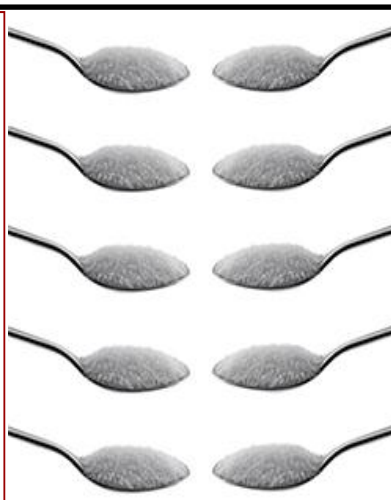
Which is

BETTER?

Orange Juice OR Fresh Orange



Nutrition Facts	
Serving Size: 14 fl oz (414mL)	
Servings: 1	
Amount Per Serving	
Calories 190	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 45g	15%
Dietary Fiber 0g	0%
Sugars 39g	
Protein 3g	



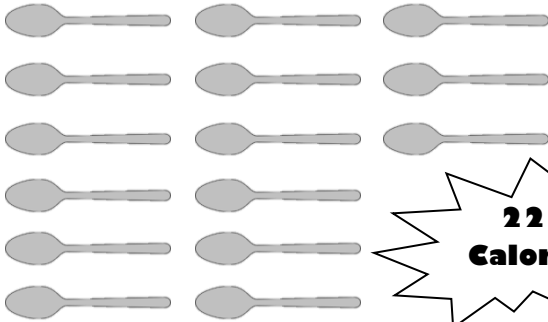
Call today to discuss & schedule a Nutrition visit: (718) 920-4664 x 0

CHAM, Children's Hospital 3415 Bainbridge Ave, 4th Fl
Scarsdale 1075 Central Park Ave, 301

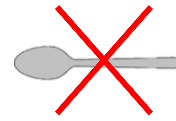


What's in your

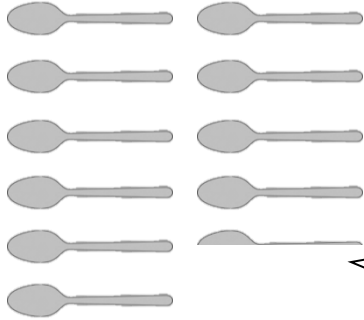
DRINK?



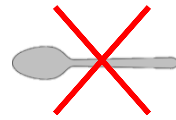
**225
Calories**



**10
Calories**

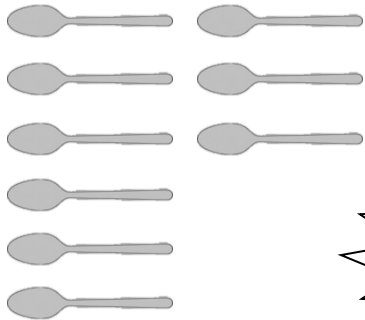


**165
Calories**

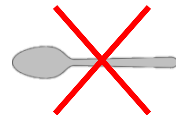


**0
Calories**

Look at the ingredients and choose seltzers that only have: carbonated water and natural flavor



**135
Calories**



**0
Calories**



= 1 packet = 4 g Sugar = 16 Calories

Call today to discuss & schedule a Nutrition visit: (718) 920-4664 x 0

CHAM, Children's Hospital 3415 Bainbridge Ave, 4th Fl
Scarsdale 1075 Central Park Ave, 301

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

Union Square

Hudson River

Tribeca

MANHATTAN

East River

Financial District

Brooklyn Bridge

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?

Made possible by funding from the Department of Health and Human Services.

Photo provided courtesy of: GeoEye

NYC
Health

©2011 New York City Department of Health and Mental Hygiene