



HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

Learning how to live healthy

SUGARED DRINKS

Proper water balance in the body is necessary to maintain good health. Most of our water intake comes from the things we drink. Even drinks like fruit juices and sodas contain mostly water. However, many drinks also contain a lot of sugar and very few vitamins or minerals. Drinking too many sugared drinks can lead to health problems such as tooth decay, overweight, and diabetes. Sugared drinks include regular soda, fruit juices, sport drinks, energy drinks, and regular lemonade or punch.

THE NUMBER OF SUGARED DRINKS I HAVE EACH DAY IS:

- Healthy is less than one a day
- Health Risk is 1 to 2 a day
- Unhealthy is 3 or more a day

- HEALTHY** – Look on the back side of this card to see how to keep your sugar drink consumption in the healthy range.
- HEALTH RISK** – If your sugared drink intake continues or increases, you may develop health problems. Look on the back of this card to see how you can bring your sugared drink intake into the healthy range.
- UNHEALTHY** – Drinking too many sugared drinks can lead to health problems or make your current health problems worse. Look on the back of this card to see what you can do to lower your sugared drink intake.

What to do for ...

HEALTHY SUGARED DRINK INTAKE: Eat plenty of fresh fruits and vegetables – they contain a lot of water. Drink water before, during and after exercise. Sport drinks are not needed until exercise lasts more than 60 minutes.

HEALTH RISK SUGARED DRINK INTAKE: Eat plenty of fresh fruits and vegetables – they contain a lot of water. Drink water before, during and after exercise. Sport drinks are not needed until exercise lasts more than 60 minutes. Try diet drinks or water with a twist of lemon or lime. See your doctor, a nutritionist, or community health worker for help selecting healthier drinks.

UNHEALTHY SUGARED DRINK INTAKE: See your doctor, nutritionist, or community health worker for ideas on how to reduce your sugared drink intake.

Get more information ABOUT SUGARED DRINKS AND HEALTHY DRINKS BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at www.CRCH.wvsom.edu, by calling 800-566-1258, or by e-mail CRCH@osteو.wvsom.edu
- Talking with a Community Health Education Resource Person (CHERP) in your community. To find a CHERP near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking _____

Identification _____

