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 0%
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 45g 15%
Dietary Fiber 0g 0%
Sugars 39g 0%
Protein 3g 0%

Nutrition Facts
Serving Size: Whole Orange (185 g)
Servings per container:

Amount Per Serving
Calories 81 Calories from Fat 2

% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 21g 7%
Dietary Fiber 1g 4%
Sugars 14g
Protein 0g

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?

- AriZona Iced Tea: 225 Calories
- diet Snapple: 10 Calories
- carrot juice: 165 Calories
- Gatorade: 135 Calories
- Club Soda: 0 Calories

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

= 1 packet = 4 g Sugar = 16 Calories

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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.

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

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

**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

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**ARE YOU POURING ON THE POUNDS?**

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

Photo provided courtesy of GeoEye