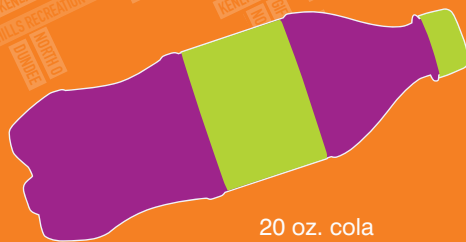


# RETHINK

## *your drink*

**IT MAKES A BIGGER  
DIFFERENCE THAN  
YOU THINK!**



20 oz. cola

=



17 packets of sugar

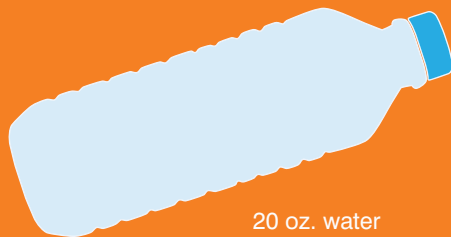


20 oz. sport drink

=



8 packets of sugar



20 oz. water

=



0 packets of sugar



# Why Water Matters

Staying well-hydrated can make a difference in your health, your performance and even your attitude. Drinking water — instead of beverages that have added sugar — can help you maintain a healthy weight and quench your thirst at the same time.

On average, you need to consume about eight cups of water daily. If you are active, you need even more. Drinking water helps to keep you from getting dehydrated, which can cause fatigue, and more serious impacts on your body if allowed to progress.

## How Much Sugar Does it Contain?

It can be hard to visualize how much sugar a beverage contains since nutrition labels list the sugar content in grams. To convert grams to sugar packets, simply divide the total grams by 4.

### Grams of sugar ÷ 4 = sugar packets

For example: 39 grams ÷ 4 = 9.75 sugar packets

Nutrition Facts	
Serving Size: One 12 oz Bottle	
Amount per Serving	Calories from Fat 0.0
Calories 140	
% Daily Value *	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Dietary Fiber 0g	0%
<b>Sugars</b> 39g	
<b>Protein</b> 0g	<b>0%</b>
Est. Percent of Calories from:	
Fat	%
Carbs	100%
Protein	%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.



## Tips for Drinking More Water:

- Cold water may taste better
- Have a glass of water for every meal
- Keep a glass of water near you when you are working
- Drink water when you feel like snacking
- Drink water when you eat out — it's free!
- Go green and save money — take a refillable bottle of water with you

## Increasing Access to Water

As a Partner for a Healthy City, you have committed to helping reduce and eliminate the barriers to healthy living by creating environments that allow people to make the healthy choice. In order to increase access to water and encourage people to choose water to quench their thirst, the following three options are available. Please consult with your community trainer to determine the best option and quantities available for your organization.



### Cold and Room Temperature Water Cooler

This water cooler features a lightweight durable plastic body with contemporary styling. It delivers cold and room temperature drinking water from two push button faucets. An electrical outlet is required. The purchase price of the water cooler will be paid by Partners for a Healthy City.

#### Water Delivery Service

Ideal Pure Water, a family-owned and operated water delivery and service company in Omaha is offering a special discount to Partners for a Healthy City organizations. **The water delivery service costs will be charged directly to your organization.**

\$5.00 per five gallon bottle (plus a refundable \$7.00 per bottle deposit)  
\$3.00 charge per delivery

### Brita Water Pitcher

Brita's advanced technologies turn ordinary tap water into great-tasting drinking water. The pitcher should be washed by hand and carries a 10-year limited warranty.



### CamelBak Groove Water Bottle with Filter Straw

CamelBak Groove filters as you sip, turning tap water into fresh, great-tasting water anytime, anywhere. Spill-proof bite valve opens with a bite and seals automatically. Durable, reusable, dishwasher-safe bottle replaces up to 375 disposable bottles. Sustainable, plant-based filters are independently tested to reduce chlorine, taste and odor for 3 months. Includes: 0.6 L Bottle and 1 Fresh Filter for 3 months of active hydration.

