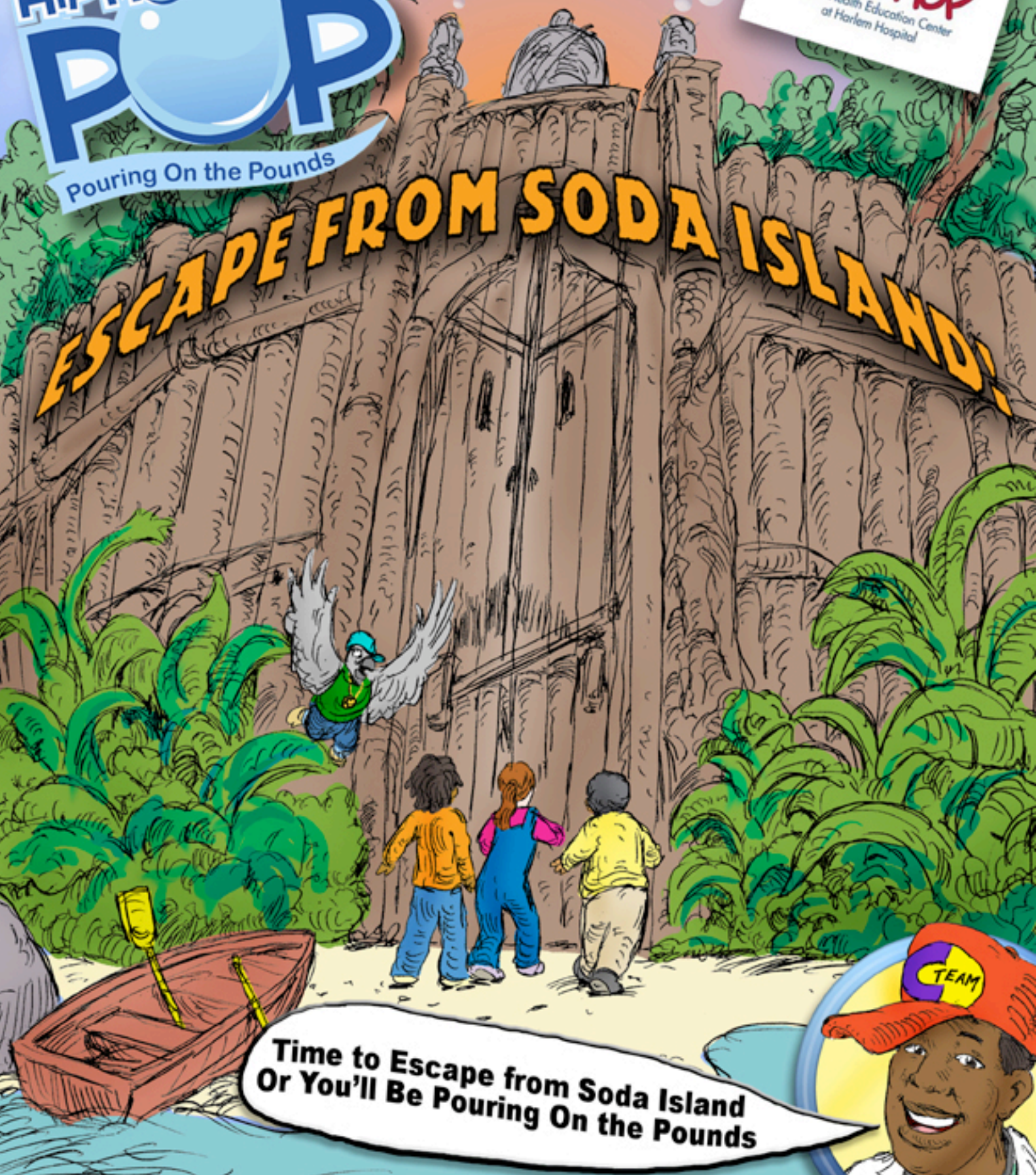


HiPOP
POP
Pouring On the Pounds

HiPOP
Public Health Education Center
of Harlem Hospital

ESCAPE FROM SODA ISLAND!



**Time to Escape from Soda Island
Or You'll Be Pouring On the Pounds**



SING ALONG

Soda Pop Stop, Soda Pop Stop.
No matter what you got time to Soda Pop Stop

WHOA

CALORIE CAVE



Less Vitamins
and Minerals

Sugar Sweetened Beverages
have more
Empty Calories

Extra Calories
from
Sugar and Fat



We know you really like it in the summer when it's hot
but you're pouring on the pounds, that's the meaning of the POP.



**Vitamins
and
Minerals**
are the keys to help
our bodies look good
and feel good.



SLOW

Extra Calories
can lead to
Extra Weight



SING ALONG



Switch it up, put some water in your cup!

Choose these drinks instead

More Vitamins and Minerals

Few or No Calories from sugar and Fat

DRINK THESE EVERYDAY!



Eat Healthy and Exercise



How many Packets of Sugar are in a 20oz Bottle of Soda?

1. 7 sugar packets
2. 12 sugar packets
3. 17 sugar packets

Choose Drinks With
Less Than
25 Calories Per Serving

Check the
ingredients!
Find **SUGAR**
on the label!

3% LEMON JUICE

Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 2.5

Per Serving		% Daily Value*
Calories 5		
Total Fat 0g		0%
Sodium 35mg		1%
Sugars 0g		0%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: PURE FILTERED WATER, LEMON JUICE FROM CONCENTRATE, SWEETENERS (HIGH FRUCTOSE CORN SYRUP, SUGAR), LEMON PULP, NATURAL FLAVORS.



Read labels of your favorite drinks at a local store, then fill in the following:

How did we get that? READ THE LABEL!!



Find grams of **SUGAR** and fill in:
_____ g ÷ 4 = _____ packets



Find grams of **SUGAR** and fill in:
_____ g ÷ 4 = _____ packets



Find grams of **SUGAR** and fill in:
_____ g ÷ 4 = _____ packets

1. Find grams (g) of Sugar
69g
2. Divide (÷) by 4 to get Teaspoons or # of Packets
69 g ÷ 4 = 17.25

Nutrition Facts	
Serving Size: 20 oz Bottle	
Amount per Serving	
Calories 250	
Total Fat	0g
Cholesterol	0mg
Sodium	50 mg
Total Carbohydrates	69g
Dietary Fiber	0g
Sugars	69g
Protein	0g



*SHARE THIS INFORMATION WITH A FAMILY MEMBER!

SING ALONG

If we drink a lot of this... if we drink a lot of that... a lot of empty calories, sugar and fat.

We hear what you're saying, but it tastes so sweet, and the price in the store, man it can't be beat!

Say it can't be beat? Time to calculate your funds! Drink more water, you can save a lot of Ones. At the end of the year, the sneakers that you wear - with the money that you save, you can get another pair!

What's the real COST of drinking Sugar Sweetened Beverages?

Sugar Sweetened Beverages COST calories and money. You have to exercise more to burn those extra calories. And, you are spending extra money, instead of saving money to buy fun things. Ask your parents for help, and find out how much drinking Sugar Sweetened Beverages COST you today!

List all the drinks you had today.

Find Calories on the label.

Find \$ Money Spent on the price tag or receipt.

DRINKS

GALORIES

Add the totals here → Total:

Total:
X 365 (days in a year) = \$ _____

(\$ MONEY you could SAVE in one year)

Now, circle the exercises you would need to do today to BURN those EXTRA CALORIES.

Calculate the \$ MONEY you could SAVE in one year, and circle what you could BUY INSTEAD.

100 Calories

45 Calories

105 Calories

65 Calories

105 Calories

\$60

\$10

\$20

\$110

PLANE TICKET

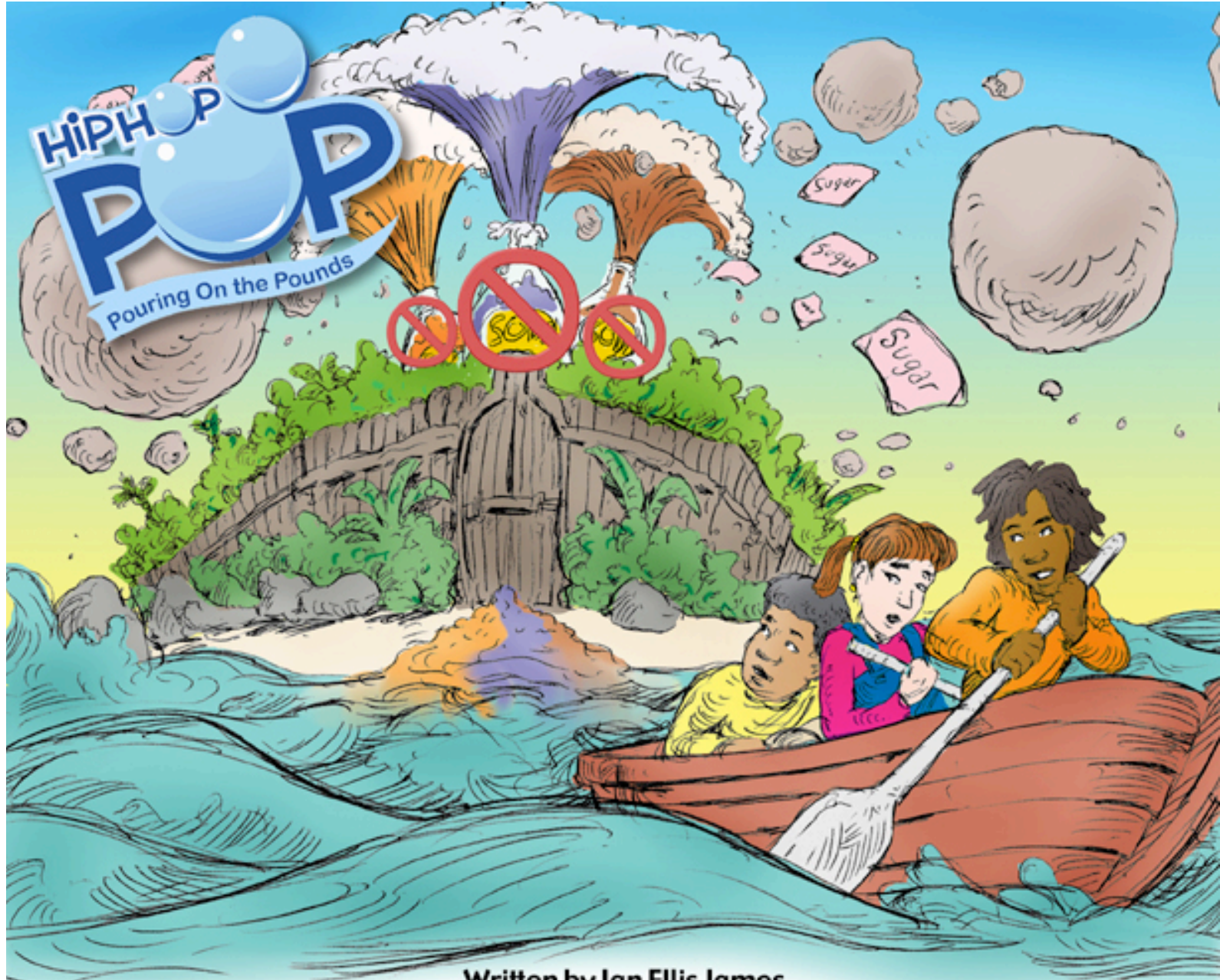
\$300

MOVIE TICKET

\$9.50

HIP HOP POP

Pouring On the Pounds



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Walk It Out!

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