

# RETHINK YOUR DRINK

## Healthy Beverage Initiative

### Frequently Asked Questions

#### Why is it important for Johns Hopkins to have a healthy beverage initiative?

As a respected health care organization, it is Johns Hopkins Medicine's responsibility to promote health to our staff, visitors and the surrounding community. In fact, a component of Johns Hopkins Medicine's five-year Strategic Plan is to "actively support a healthy workforce." As part of this plan, Johns Hopkins will increase the offerings of healthier beverages on its campuses to help make the healthy choice the easy choice.

#### For more information, visit:

[hopkinsmedicine.org/human\\_resources/benefits/healthy\\_at\\_hopkins/healthy\\_beverages](http://hopkinsmedicine.org/human_resources/benefits/healthy_at_hopkins/healthy_beverages)

#### What are the benefits of the Healthy Beverage Initiative?

Scientific evidence consistently supports the association between sugar-sweetened beverage consumption and an increased risk of obesity, which can contribute to the development of chronic diseases like diabetes, heart disease and cancer. A 20-ounce bottle of soda contains about 17 teaspoons of sugar. Cutting one of these out of your diet every day for a year could help you to lose roughly 25 pounds.

#### How are beverages classified?

Beverages are classified into a color-coded system based on density of calories per ounce and volume of the container.

##### GREEN: Healthier choices

0-25  
calories

Beverages with 0 to 25 calories per 12-ounce serving and skim/1 percent milk

*Examples: water, unsweetened teal/coffee, diet beverages with artificial sweeteners*

##### Yellow: Better choices, but don't overdo it

26-100  
calories

Beverages with 26 to 100 calories per 12-ounce serving that have moderate amounts of sugar, and 100 percent fruit/vegetable juice and 2 percent milk

*Examples: Low-calorie fruit or sports drinks*

##### RED: Drink sparingly, if at all

100+  
calories

Beverages with more than 100 calories per 12-ounce serving that are high in sugar, calories, sodium and/or fat

*Examples: fruit drinks, soda, sports drinks, coffee drinks, whole milk*

color  
category

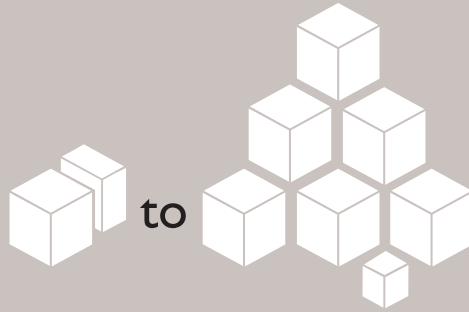


sugar 0 to



calories

0-25  
calories



to

26-100  
calories



100+  
calories

one sugar cube is approximately 16 calories

### Why are diet beverages classified in the green category?

The color-coded system is based on calorie content. Diet beverages contain artificial sweeteners that provide sweetness but few or no calories. They are regulated by the FDA, which reviews and approves them as safe. The National Cancer Institute states that “There is no clear evidence that the artificial sweeteners available commercially in the United States are associated with cancer risk in humans.” While diet drinks are deemed safe, the healthiest choice is always water.

### What changes can I expect?

Water and sugar-free beverages will be offered at Johns Hopkins-sponsored catered meetings and events. Also, you may notice some changes to cafeteria and retail beverage selections. Green beverages will get more prominent placement, which makes it easy to make a healthy choice. Green beverages also will cost less per ounce than sugar-sweetened beverages, and there will be more green choices available. Beverage fountain machines will contain all beverages in the green category. Beverages in the red category, such as soda, fruit drinks and sports drinks, will be available in containers of 12 ounces or less. There also are plans to bring these same changes to vending machines on campus.

### What entities are taking part in the initiative?

The Johns Hopkins Hospital, Johns Hopkins Bayview Medical Center, Howard County General Hospital, Suburban Hospital, Sibley Memorial Hospital, Johns Hopkins HealthCare and Johns Hopkins Home Care Group are participating.

thirsty?

RETHINK YOUR DRINK

**Know what you're drinking**

The average 12-ounce can of regular soda contains a whopping **10 teaspoons of sugar.**

We care about your health and want to help make the healthy choice the easy choice. To do so, we're increasing the availability of healthy beverages in the cafeteria and retail outlets. For more information about the Johns Hopkins Healthy Beverage Initiative, visit: [hopkinmedicine.org/human\\_resources/benefits/healthy\\_at\\_hopkins/healthy\\_beverages](http://hopkinmedicine.org/human_resources/benefits/healthy_at_hopkins/healthy_beverages).