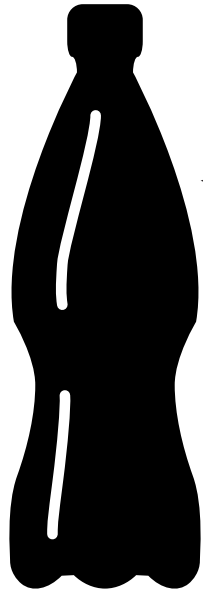


# Rethink Your Drink

Johns Hopkins' new Healthy Beverage Initiative shines a light on the facts about sugar-sweetened drinks and makes healthier beverages more available to staff, patients and visitors.

Scientific evidence consistently supports the association between sugar-sweetened beverage consumption and an increased risk of obesity, which can lead to chronic diseases like diabetes, heart disease and cancer. By making healthier beverages more accessible, Johns Hopkins hopes to help you "rethink your drink."

For more information, visit: [tinyurl.com/kjah6jv](http://tinyurl.com/kjah6jv).



The average 20-ounce, sugary drink contains:

**254 calories**  
**68 grams of sugar**



20-oz. drink	calories	grams of sugar
Coke	240	65
Pepsi	250	69
Sprite	240	64
Mountain Dew	290	77
Dr. Pepper	250	64

Burning 254 calories requires one of the following:

-  54 minutes walking
-  26 minutes jogging
-  30 minutes swimming
-  26 minutes cycling

*This information is based on the CDC's calorie expenditure chart for a 154-pound person.*

**43,903**

**gallons of sugary soda**

were consumed at The Johns Hopkins Hospital last year.\*



A stack of 12-ounce cans of sugary soda sold at The Johns Hopkins Hospital in the past year would stand almost 36 miles tall, or 2,447 times the height of the dome.

**2,447**  
**domes**

*\*Based on figures from nutrition services and includes catering services, eateries on campus and patient meals*

